2008-09 K-State

ROWING

recruiting guide

BREIDENTHAL
TEAM HOUSE

K-state

kansas state women's rowing
excellence... endurance... perserverance

what is k-state women's rowing?

- An NCAA **Division I** program.
- A fully-**funded** varsity sport.
- An opportunity for high school and junior college athletes to make the **step up** and be Division I competitors.
- An open door to a **world-class education**.
- The chance to compete for **scholarships**.
- A place to **learn** new things and master rowing **skills**.
- A **team** that supports and inspires its members like a **family**.
- A **once-in-a-lifetime** challenge.

Our program focuses on TEACHING our sport. We do not discriminate on the basis of rowing experience. We are interested in good athletes whether they have rowed or not. Many of our current rowers have come from backgrounds in basketball, volleyball, track and field, swimming, and many other sports. Whatever your sporting history has been, if you are an athlete, you can be a great rower!

why me?

- Because you are an athlete.
- Because you love to compete and desire to excel.
- Because you want to take your career to the Division I level.

if you have any questions, please feel free to contact me or the staff

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wildcat rowing

questions & answers

what a potential student-athlete needs to know about K-State women's rowing

what do you look for in a student-athlete?

There are two positions in rowing: the coxswain (pronounced coxin) and the rower. Both positions require individuals who are competitive in nature and have the desire to challenge themselves and others both athletically and mentally. Rowers tend to be tall. The most successful rowers are generally over 5-10. But the key ingredients to a great rower are determination and competitiveness. In fact, it is not even necessary to have had any prior rowing experience to succeed on our team. Case in point, 95 percent of our current athletes did not row before their college careers. Most of our students participated in basketball, volleyball, swimming, track and field, or soccer as high school athletes. For high school graduates and junior college transfer students who provide athleticism, strong work ethic, and a willingness to learn, rowing will yield amazing returns in confidence, fitness, friendships, time management, and an activity in which you can stay competitive for the rest of your life.

A typical coxswain has a light, lean body, and is willing to learn a new and demanding skill set. It is uncommon to have an experienced coxswain on the novice team. Coaches are aware of this and teach incoming athletes everything they need to know. Coxswains supply us with their desire, intelligence, and competitive nature, and we teach them the details of coxing. The heights of coxswains vary, but the weight range is between 100-115 pounds. In the boat, the coxswain steers, motivates the athletes, helps the rowers make technical changes, and is responsible for executing a race or practice plan.

when do you practice?

The rowing team trains year-round, beginning in August and concluding with the Central Region Championships and NCAA Championships at the end of May. We divide our year into three segments, each with a different objective and training routine. The objectives in the fall (August-November) are to learn the fundamentals of rowing, develop and increase strength and fitness, establish friendships, and get a firm hold on academics. Each fall there are two or three races.

The months of December and January are winter-training months. We use these months to enhance muscular strength and endurance and improve cardiovascular fitness. The rowing team utilizes 40 Concept II indoor rowing machines, the two indoor swimming pools in the Ahearn Natatorium, other cross-training equipment, and the 13,000-square-foot Newell Strength and Conditioning Complex.

The third segment begins in February when the team resumes practices on Tuttle Creek Lake. We utilize our enhanced strength and fitness acquired in the winter months to fine-tune our rowing skills and catapult into the racing season which begins in March.

how much time do you spend practicing each week?

Women's rowing abides by NCAA practice regulations, which limit a student-athlete to less than 20 hours of training per week. We train five days per week from August through January. In February until the conclusion of the season we practice six days each week.

what does "novice" mean?

The K-State women's rowing team is a varsity sport sponsored by the K-State Intercollegiate Athletic Department. Women's rowing is a National Collegiate Athletic Association (NCAA) sport. Our team is comprised of two groups: Novice and Varsity. The Novice squad is made up of all first-year collegiate rowers. This includes freshmen and transfer students. The Varsity squad, on the other hand, encompasses all returning athletes. Both groups share equal status; the Novice team is NOT a "junior varsity" team! Our novices travel and compete at the same regattas as the varsity. The race classifications do differ so that our Novices race other novice boats and all first-year rowers compete against each other. But while the Novices have less racing experience than their varsity counterparts, rowers in both classifications are full-fledged NCAA Division I athletes!

when do you compete?

The spring racing season runs mid-March through the end of May. Regattas are scheduled on weekend dates only. Some races are just one-day events, while others run from a Saturday to a Sunday. Class time missed by rowing athletes is rather minimal. The Athletic Department pays for all travel expenses.

where do you compete?

Typical destinations for our away competitions are Oklahoma, Iowa, California, Texas, Tennessee and there are a few within the state of Kansas.

what distance is a race?

The standard spring racing distance is 2,000 meters (approximately 1.3 miles). It takes a women's eight-oared shell about seven minutes (depending on wind and water conditions) to complete the distance. The start of a race is exciting and demanding, physically, technically, and mentally. The crew must pry the shell from a dead stop to full race pace. As the hull begins to move, they increase the number of strokes taken each minute. The first two minutes of a race is a bit like a sprint. The team then shifts into a rhythmic but demanding pace for the middle minutes, or "body," of the race. Approaching the last two minutes, the team again brings up the stroke rate for an all-out sprint to the finish line.

how do I find out about scholarships?

It is possible to receive a scholarship for rowing even though you have no previous experience. We are looking for dedicated, driven, and tenacious athletes. As with any collegiate sport, scholarships are limited and competitive. Scholarships are awarded on an individual basis at the discretion of the coaching staff.

If you would like to be considered for our first-year scholarships, fill out and return our prospective athlete profile. If a paper version is not available, there is an online version on our recruiting website which can be found at **inside.kstatesports.com/rowing**

All incoming student-athletes interested in receiving a scholarship will also be asked to complete the standard Federal Application for Student Financial Aid (FAFSA). These are available through high school and community college counselors, or on the Internet. Some student-athletes receive aid prior to the beginning of their college careers, while other student-athletes are evaluated and awarded aid packages within their first semester with the team. All student-athletes are evaluated at the end of each year for increased aid in the following academic year.

how to become a wildcat rower

submit our online profile

Find our website at **inside.kstatesports.com/rowing.** Tell us more about yourself and let us know you're interested! Also find our site on the K-State Sports webpage at **www.kstatesports.com**.

visit campus

If you haven't already done so, call the Kansas State Admissions Office at (785) 532.6250 to set up your visit. Let us know when you'll be on campus and we will send you directions on how to find our office while you're here!

register with the ncaa eligibility center

https://web1.ncaa.org/eligibilitycenter/common/. Don't forget to make a note of your PIN so you can log in and periodically check the status of your application

send official transcripts to ncaa

Be sure your high school curriculum satisfies the NCAA core course requirements for collegiate eligibility (see chart below). It takes the NCAA a long time to process anything (they deal with student-athletes studying across the entire country!) so the sooner you send them your official transcripts, the sooner they can start the process on establishing your eligibility. But be aware that you will still have to submit your **FINAL** transcript once you graduate.

They require you to send **OFFICIAL** transcripts from every high school you have attended.

NCAA Eligibility Center
P.O. Box 7136
Indianapolis, IN 46207

send official test scores to ncaa

If you haven't already taken the ACT or SAT, you can have your scores automatically reported to the Eligibility Center by entering the reporting score code 9999. Otherwise you must request an additional test score report be sent **DIRECTLY** to the Eligibility Center. Additional reports may be requested on the official websites of these standardized tests.

minimum core-curriculum and grade-point average | requirements for ncaa initial eligibility

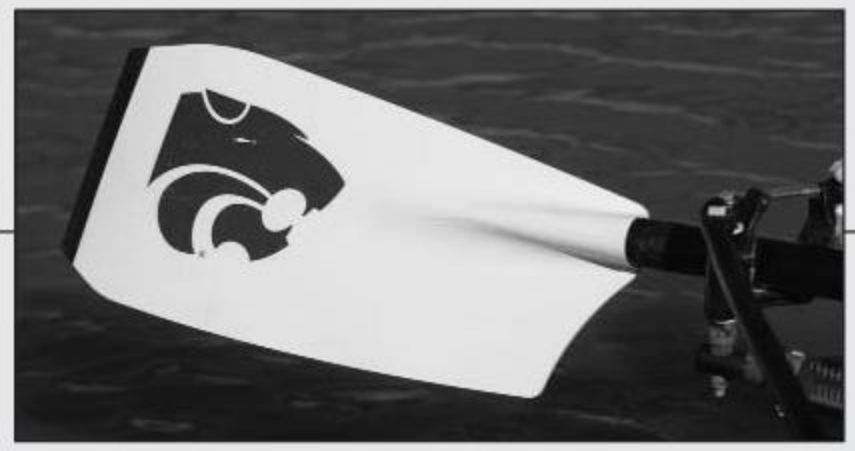
NCAA regulations state that in order for any student to be eligible for athletic participation and competition at the collegiate level, she must have completed a high school curriculum that includes certain core courses. Please be aware that these required core courses have changed recently, affecting all students who will be incoming freshmen in college after the fall of 2008.

The following curriculum criteria are now required:

- English _____ 4 years
- Mathematics _____ 3 years *(at the Algebra I level or above)*
- Natural-Physical Science _____ 2 years
- Social Science _____ 2 years
- Additional academic courses in English, math or natural-physical science _____ 1 year
- Additional academic courses in any of the above areas or foreign language, philosophy or non-doctrinal religion _____ 4 years

Also note that a minimum grade-point average is required. The minimum is determined on a sliding scale according to a student-athlete's ACT or SAT scores. More complete information on the NCAA's core-curriculum and grade-point average requirements can be found by visiting **http://www.ncaastudent.org/**.

novice program



what is novice rowing?

Each year a new group of eager women come to learn about rowing, and each year we end with true Wildcat Athletes. Novice rowing is about learning and growing, going through the ups and downs, working hard, focusing on a new skill, finding out about people different from yourself, and in the end learning much about each one of us and the people we affect by our actions—ending the season as a true TEAM.

what novice rowing taught me

I learned that anything less than 100% is unacceptable...
I learned how to overcome hardship and draw from deep within, whatever is required...
I learned to aim high and believe in myself...
I learned attention to detail will yield great rewards...
I learned that my body is capable of amazing feats...
I learned just how much it meant to have someone trust me...
I learned the importance of preparation and hard work...

what can the k-state women's rowing experience offer?

Women's rowing is one of the fastest growing NCAA sports in the country. The majority of the women who are currently on our varsity team learned to row at K-State as freshmen or transfer students.

Since 1996, our varsity program has been fully supported with three full-time coaches, a 25-mile lake, an indoor facility, weight-training staff, a state-of-the-art weight-lifting complex, athletic and medical trainers, and academic counselors. In 12 seasons at K-State, the team has grown from a group of four women who rarely raced, to a team of over 50 that consistently challenges crews ranked in the nation's top 20. We race at the highest level of collegiate athletics and travel around the country to face schools such as Texas, Michigan, Ohio State, Minnesota, Wisconsin and Tennessee. We expect to see the Wildcats one of the top 20 teams in the nation within the next five years.

The team exists so that young women can have the opportunity to participate in collegiate athletics at the very highest level. Many of the women who have walked onto our team have earned some form of scholarship during their first year of rowing. Scholarships range in size from books to a full grant-in-aid (books, tuition and fees, room and board). Over 90 percent of the team has earned some kind of scholarship that directly correlates to their contribution to the team.

If you are athletically minded, we want to let you know about this unique opportunity to become a Division I varsity student-athlete at Kansas State. We hope you consider becoming part of the Wildcat Women's Rowing Team!

wildcats online

get connected

Kansas State women's rowing information along with each of the other 15 varsity intercollegiate sports can be found on the World Wide Web at **www.k-statesports.com**. The newly-designed site was completed in July 2008 and is maintained by the director of creative services **David Smoller**. Statistics, video broadcasts, press releases, biographies, photo gallaries, schedules and much more are available on the site operated by JumpTV. Prospective student-athletes can also browse through features on the **inside.kstatesports.com/rowing** website and fill out an online questionnaire which will be e-mailed directly to the women's rowing coaching staff for review.

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quick facts

location	manhattan, kan.
founded	1863
enrollment	23,332
affiliation	ncaa division I
conference	big 12
nickname	wildcats
school colors	purple and white
president	dr. jon wefald *(pacific lutheran '59)*
faculty athletics representative	dr. mike holen *(stanford '67)*
vice president/director of athletics	bob krause *(western illinois '67)*
deputy director of athletics	jim epps *(washburn '68)*
associate athletics director/swa	laura tietjen *(nebraska '81)*
athletic department phone	(785) 532.6910

coaching staff

head coach patrick sweeney
(kingston '72)
sixth season
e-mail: psweeney@k-state.edu

assistant coach grace riekenberg
(kansas state '05)
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first season
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staff

patrick sweeney

head coach
kingston '72

Entering his sixth season at K-State, **Patrick Sweeney** brings over 30 years of international and collegiate coaching experience to the Wildcat program, including tenures with the British and Belgian Olympic teams.

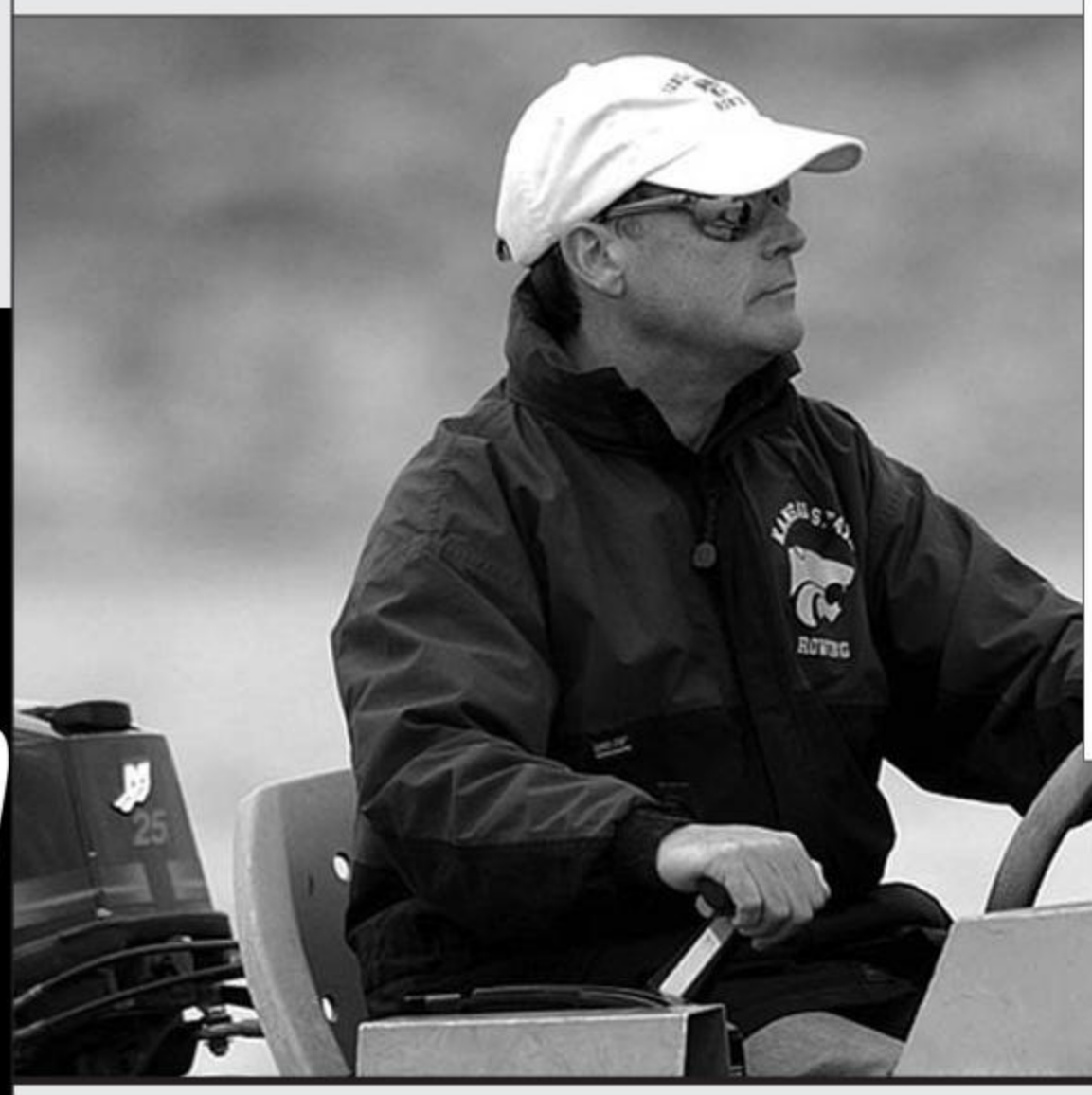
As an international coach, Sweeney took crews to 11 World Championships and four Olympic Games. He has collected two gold, two silver and one bronze medal at the World Championships and one gold and one bronze at the Olympics. In addition, he won four national championships while at the University of California.

Sweeney has brought the Wildcats to new heights, with its most successful racing year ever in 2005-06. The First Varsity Eight claimed gold medals in the 400-meter sprint at the Head of the Oklahoma, and defeated nationally-ranked Texas. K-State's 1V8+ also captured two silver medals during that season. The Wildcats' First Novice Eights have dominated recent seasons, winning eight races in 2005-06 and nine more in 2006-07. The spring of 2007 saw the K-State 1N8+ racing in the program's first ever Grand Final at the NCAA Central/South Regional Championship to claim the Central Region crown.

Sweeney arrived at K-State in 2003 after a one-year appointment as the associate men's varsity coach at Stanford. Prior to his year there, Sweeney was head coach and technical director of the Belgian Olympic Team for six years.

A multiple champion as a coxswain, Sweeney began his competitive career at the age of 12 for club crews in his native England. He eventually progressed to the British National Team, where he competed as a coxswain in eight World Championships (two gold, three silver) and three Olympic Games (one silver, one bronze).

Sweeney and his wife, Martha, have a daughter, Toula (10).



sweeney's coaching timeline

kansas state
head coach
- 2008 Southern IRAs - 2V8+ Gold Medal
- 2007 NCAA Central Regionals - 1N8+ Gold Medal
- 2006 Big 12 Invitational - 1N8+ Gold Medal
- 2005 Southern IRAs - 2V8+ Bronze Medal
- 2004 Southern IRAs - 1V8+ Gold Medal

2003

stanford
- Associate Varsity Coach (2002-03)

2001

belgium olympic team
head coach
- 2000 Olympics - Men's 4X - 9th place (Best Olympic performance since 1924)
- 1999 Junior World Championships - Men's 1X - Bronze Medal
- Received Gold Medal for service to rowing by The Royal Belgium Rowing Federation

1996

british olympic team
team coach

oxford university
head coach

leander club
head coach
- 1990 World Championships - M2- Bronze Medal
- 1989 World Championships - M2- Silver Medal
- 1988 Olympics - M2- Gold Medal
- 1988 Olympics - M2+ Bronze Medal
- 1987 World Championships - M2- Gold Medal
- 1987 World Championships - M2+ Silver Medal

1987

california
head coach
women's rowing
- 1984 National Champions - Novice 8+
- 1981 National Champions - Varsity 4+
- 1980 National Champions - Varsity 8+
- 1980 National Champions - Varsity 4+

1980

burnaby lake aquatic club
team coach
- 1979 World Championships - W8+ Bronze Medal
- Four Canadian National Titles

1977

british olympic team
assistant coach & team coach
- 1977 World Championships - M2- Silver Medal
- 1976 Olympics - Men's 8+ Silver Medal

staff

grace riekenberg

assistant coach
kansas state '05

Former Wildcat student-athlete **Grace Riekenberg** returns for her second season as an assistant coach for the K-State Women's Rowing program.

A two-year letterwinner for the Wildcats for head coaches **Jenny Hale** and **Patrick Sweeney**, Riekenberg rowed for K-State from 2001-05, racing in the First Varsity Eight for two years. Her junior year was highlighted by winning gold at the Southern IRA Championships. Her senior year was highlighted by a gold medal finish in the 1V4+ at the Head of the Iowa and winning the team trophies at both the Sunflower Showdown and the Kansas Cup.

Riekenberg earned a bachelor's degree from Kansas State in English Literature in 2005. During her undergraduate studies, she was selected to the Dean's List from 2001-05. She was also inducted into the 2005 Phi Beta Kappa national academic honor society. Riekenberg earned a place on the Big 12 Commissioner's Honor Roll all eight semesters while attending K-State.

After graduating from K-State, Riekenberg continued both her academic and athletic careers at Oxford University. Rowing for the Oxford University Women's Boat Club, she helped the Blue Boat to its 2006 victory in the Oxford-Cambridge Boat Race and set the University Pennant course record at the 2007 Women's Eights Head of the River Race. Individually, Riekenberg won the silver medal at the 2006 British Indoor Rowing Championships. She earned a master of philosophy with distinction in Medieval English Literature.

stephanie riegle

assistant coach
kansas state '05

A former student-athlete for the Wildcats, **Stephanie Riegle** begins her first season as an assistant coach for the K-State Women's Rowing program.

A letterwinner at K-State, Riegle was a coxswain for the Wildcats from 2000-04 under head coaches Jenny Hale and Patrick Sweeney. She was a member of the team that competed at the Head of the Charles in Boston, Mass., and also raced as a Wildcat at the Henley Women's Regatta in England. Her senior year was highlighted by a silver medal performance at the Southern IRAs.

After her competitive eligibility was up, Riegle continued her service with the Wildcats as an intern for the rowing program during the 2004-05 season. She assisted with practice and coached the freshman coxswains. Riegle also spent time as an administrative assistant with the program during the summers of 2003 and 2004. She took her expertise beyond K-State by acting as the rowing department head for Camp Vega for Girls in Fayette, Maine from June to August of 2005.

A native of Wichita, Kan., and 2000 graduate of Trinity Academy, Riegle earned her bachelor's degree from Kansas State in Family Studies and Human Services in 2005. She was named to the Big 12 Commissioner's Honor Roll in seven of her eight semesters at K-State.

tony staten

boatman/
boathouse manager

Tony Staten is in his fourth season as Boatman/Boathouse Manager for the K-State Women's Rowing program.

Staten is in charge of all equipment for K-State's Rowing program - on the road and at their home facility at Tuttle Creek Lake Reservoir. He ensures each boat is rigged properly, oars are adjusted and all mechanical and electrical equipment is in working order for practice and racing. His extensive knowledge, skills, and experience with various maritime vessels enable the coaching staff to spend more time with student-athletes - and less time adjusting equipment.

Staten and his wife, Justine, have a son, Garret (9) and a daughter, Brooke (6).

laura tietjen

associate AD
nebraska '81

Laura Tietjen begins her ninth year at Kansas State as Senior Woman Administrator and Associate Athletics Director. She plays a significant role in the overall progress and development of the athletics programs, and specifically the women's programs. She also oversees the areas of marketing, promotions and video services for all sports, while serving as the administrator for the women's basketball, volleyball, equestrian, rowing and tennis programs.

Tietjen came to K-State after spending five years in the athletics department at the University of Evansville, including the last two and a half years as the director of athletics.

In her first year as athletics director at Evansville, the University set a school record of having three teams - women's soccer, men's basketball and women's basketball - win Missouri Valley Championships and reach their respective Division I tournaments.

In her second year, women's soccer and baseball reached the NCAAs, while women's basketball played in the National Invitational Tournament. Tietjen also worked closely with university officials to a form a comprehensive plan for on-campus facilities that included the opening of a new soccer stadium in 2000 and new baseball and softball stadiums in 2002.

Prior to her stint at Evansville, she spent nine years at the University of Nebraska-Kearney, including three as assistant women's basketball coach and head women's tennis coach, and eight years as senior woman administrator and compliance coordinator.

Tietjen earned her bachelor's degree from Nebraska in 1981 where she played basketball and earned the 1980 Harmon Award as the Cornhuskers' most outstanding female athlete. She also has a master's degree from Nebraska-Kearney and has done doctoral work at the University of New Mexico in athletic and educational administration.

2008-09 preview

preview

Head coach **Patrick Sweeney** and his staff look to continue their upward momentum as they enter the 2008-09 season. The squad returns 27 student-athletes with at least a year of experience in the program, including 11 with two or more years of experience. The Wildcats posted nine first-place finishes during the 2007-08 season, including a victory in the second varsity eight at the prestigious Southern IRA's in Oak Ridge, Tenn., in April. The team also claimed victories in both the Sunflower Showdown and Kansas Cup from archrival Kansas.

The team enters the 2008-09 season with seven seniors - **Kilah Bond**, **Danna Davidson**, **Jennifer Flannigan**, **Michelle Higgins**, **Heather Hoffman**, **Michael Knoll** and **Elizabeth Walter** - who have significant experience in the program. In fact, Flannigan, Higgins, Hoffman and Knoll have competed three years for the Wildcats. Flannigan, Hoffman and Walter helped the first varsity eight to a gold medal and the first varsity four to a silver at the Head of the Des Moines then were a part of the first varsity eight that defeated Kansas at both the Sunflower Showdown and Kansas Cup. Bond, Higgins and Knoll assisted a successful second varsity eight, which captured both races at the Sunflower Showdown and the Kansas Cup and the gold medal at the Southern IRA's. Davidson helped the first varsity eight to victory at the Head of the Des Moines and the second varsity eight to the title in the Sunflower Showdown.

In addition, the Wildcats also return four underclassmen - **Christa Bowman**, **Kylie Hanson**, **Kris Richman** and **Nicole Vogt** - who spent significant time with the first varsity eight. All four were part of the crew that captured the Kansas Cup in April, while Hanson and Richman competed with the first varsity eight at the Sunflower Showdown and San Diego Crew Classic. Bowman, along with junior **Michelle Bergman** and sophomore **Heather Crichton**, also saw plenty of time with the second varsity eight. The trio, along with seniors **Michelle Higgins** and **Michael Knoll**, claimed the gold medal in the event at the Southern IRA's.

Several student-athletes return that earned valuable time with the novice crew. Sophomores **Chelsey Mueller**, **Jessica Parrish**, **Melissa Steen** and **Paula Wortman** helped the first novice eight to a gold medal at the Head of the Des Moines in November.

The schedule includes the annual Fall trips to the Head of the Des Moines and Head of the Iowa and is highlighted by the annual Sunflower Showdown, which the team will host at Tuttle Creek Reservoir in November. The Spring schedule begins in March at the Longhorn Invitational in Austin, Texas. A busy April starts with the San Diego Crew Classic in San Diego, Calif., on 4th and 5th and continues with the Kansas Cup in Lawrence, Kan., on the 11th and the Southern IRA's in Oak Ridge, Tenn., on the 18th and 19th. The season concludes with the Big 12 Invitational, which will include first-year program Oklahoma, on May 3 in Wyandotte, Kan., as well as the NCAA Central Regionals on the May 16-17 and the NCAA Championships on May 28-31.

questions & answers

head coach pat sweeney

what is your coaching philosophy?

A team is built on the basics of good technique, hard work, determination, and trust. Athletes are not alike or equal, and it is the coach's job to blend individuals together with each one reaching her own potential. Competitive sport plays a part in each student-athlete's personal development, and we as coaches must be the best possible guides in all aspects of life if we want our athletes to excel in the boat.

who are your coaching influences?

Bob Janousek. I was fortunate to be one of his athletes when he changed British rowing. He was the first person to get me interested in coaching.

what are the goals for the future of the program?

We are continuing to build a larger team with recently heightened recruiting efforts. We plan to break into the top 20 rowing programs in the nation in the next few years.

what are your thoughts on the 2008-09 season?

I never give predictions. This is a question for the athletes. The outcome of the upcoming season will depend on what they are willing to put into it.

what do you expect from the veterans returning?

I expect our veterans to lead by example. We have a young team, still, this year, and I expect our returning athletes to show their maturity by having diligence in always continuing to learn, never being satisfied, always striving for more.

what kind of athletes do you look for when recruiting?

We look for tall young women with minds open to trying something new because they want to compete at the highest level. Not many athletes who come to K-State have any rowing experience. We don't look for this. We look for raw athleticism, physically, and the desire for challenge, mentally.

2008-09 roster

name	position	height	year	hometown (previous school)
Casey Bell	Port/Starboard	6-1	Fr.	Chapman, Kan. (Chapman)
Michelle Bergman	Port/Starboard	5-7	Jr.	Overland Park, Kan. (St. Thomas Aquinas)
Elizabeth Bervert	Cox	5-6	Fr.	Topeka, Kan. (Seaman)
Kilah Bond	Cox	5-5	Sr.	Hugoton, Kan. (Hugoton)
Christa Bowman	Port/Starboard	5-11	So.	Plymouth, Minn. (Wayzata)
Nicole Burdiek	Port/Starboard	6-0	Fr.	Emporia, Kan. (Emporia)
Weatherly Butler	Cox	5-3	Fr.	Lawrence, Kan. (Free State)
Stephanie Carr	Port/Starboard	5-8	So.	Auburn, Kan. (Home School)
Heather Crichton	Starboard	5-11	So.	Oak Grove, Mo. (Oak Grove)
Teall Culbertson	Port/Starboard	5-9	So.	Arkansas City, Kan. (Arkansas City)
Danna Davidson	Starboard/Port	6-0	Sr.	Austin, Texas (James Bowie)
Tiane Devore	Port/Starboard	5-7	So.	Cheney, Kan. (Cheney)
Jennifer Flannigan	Starboard/Port	6-1	Sr.	Burlington, Kan. (Burlington)
Kylie Hanson	Port/Starboard	5-10	Jr.	Pawnee Rock, Kan. (Larned)
Michelle Higgins	Starboard/Port	5-8	Sr.	Manhattan, Kan. (Manhattan)
Heather Hoffman	Starboard/Port	5-11	Sr.	Great Bend, Kan. (Great Bend)
Whitley Jackson	Cox	5-5	So.	Lawrence, Kan. (Free State)
Amanda Keim	Port/Starboard	5-10	Fr.	McPherson, Kan. (McPherson)
Anna Knackstedt	Port/Starboard	5-8	So.	Winfield, Kan. (Winfield)
Michael Knoll	Port/Starboard	5-7	Sr.	Topeka, Kan. (Washburn Rural)
Jayci McKenney	Port/Starboard	6-0	Fr.	Fort Scott, Kan. (Fort Scott)
Chelsey Mueller	Cox	4-11	So.	Salina, Kan. (SE Saline)
Sarah Murdoch	Port/Starboard	5-9	Fr.	Derby, Kan. (Derby)
Caitlin Olson	Starboard/Port	5-9	So.	Lakin, Kan. (Lakin)
Jessica Parrish	Port/Starboard	5-9	So.	Hays, Kan. (Hays)
Ali Peters	Port/Starboard	5-10	Fr.	Blue Springs, Mo. (Blue Springs)
Audrey Polifka	Port/Starboard	6-0	Fr.	Hays, Kan. (Hays)
Caitlyn Reynolds	Port/Starboard	5-7	So.	Topeka, Kan. (Home School)
Kris Richman	Port/Starboard	6-0	Jr.	Hutchinson, Kan. (Buhler)
Melanie Rogers	Port/Starboard	5-9	So.	Learned, Kan. (Pawnee Heights)
Fiona Sampson	Port/Starboard	5-6	So.	Mission, Kan. (Shawnee Mission North)
Alyssa Sams	Port/Starboard	5-10	Fr.	Kansas City, Mo. (Raytown)
Traci Smiley	Port/Starboard	6-0	Fr.	Shawnee Mission, Kan. (Bishop Miege)
Melissa Steen	Starboard/Port	5-9	So.	Wamego, Kan. (Wamego)
Nicole Vogt	Port/Starboard	5-11	Jr.	Wichita, Kan. (Maize)
Elizabeth Walter	Starboard/Port	5-8	Sr.	Des Moines, Iowa (Valley)
Amanda Weishaar	Port/Starboard	6-0	Fr.	Lawrence, Kan. (Lawrence)
Hanna Wiltfong	Port/Starboard	6-0	Fr.	Kansas City, Mo. (Winnetonka)
Paula Wortman	Port/Starboard	5-6	So.	Overland Park, Kan. (St. Thomas Aquinas)
Sarah Yocum	Starboard/Port	5-11	So.	Overland Park, Kan. (Kansas City Christian School)
Anna Young	Port/Starboard	5-11	Fr.	Emporia, Kan. (Emporia)

meet the wildcats

casey bell

6-1 | freshman
port/starboard
chapman, kan.

High School: Graduated from Chapman High School... Lettered three years in basketball... Helped team capture the league title in 2005 and the sub-state championship in 2006... Also lettered three years in track and field... National Society of High School Scholars... *Who's Who Among American High School Students*.

Personal: Born Dec. 21, 1988... Daughter of James and Elizabeth Bell... Has one brother, James (19)... Majoring in secondary education... Plans to teach Spanish... Enjoys basketball, shopping, and spending time with friends and family.

michelle bergman

5-7 | junior
port/starboard
overland park, kan.

I chose K-State because...
"...it felt right to me. I could see myself getting involved on campus when I was touring the year before."

What K-State rowing means to me:
"Hard-work, dedication and team pride. It involves pushing yourself to see your boat succeed and continuing with that same perseverance each and every practice, even when you don't feel like it."

2007-08: Named to the Big 12 Commissioner's Honor Roll in both semesters with a 4.0 GPA in the Spring... Member of the 2V8+ who dominated its Kansas counterpart at the Head of the Des Moines and again in the Sunflower Showdown... In the spring, competed in the 2V8+ that won its race to help secure the Kansas Cup trophy for the K-State team... Put together a strong race performance in the 2V8+'s final at the San Diego Crew Classic... Brought home a gold medal with the 2V8+ at SIRAs... Claimed second place in the 2V8+ at the Tri-Meet in Austin, Texas... Earned first varsity letter.

2006-07: Named Big 12 Commissioner's Honor Roll for both semesters... Member of the 3N8+ that defeated Kansas "B" at the Sunflower Showdown... Raced in the V4+ at Southern IRA's.

High School: Graduated from St. Thomas Aquinas High School.

Personal: Born April 20, 1988... Daughter of Kristofer and Barb Bergman... Majoring in kinesiology.

elizabeth bervert

5-6 | freshman
cox
topeka, kan.

High School: Graduated from Seaman High School... Lettered four years in golf... Led team to first state tournament in school history... Became the first female golfer in school history to letter four years and the first to qualify for the state tournament... Named to the *Topeka Capital-Journal* All-City Golf Team... Also lettered one year in soccer... A member of the National Junior Honor Society... Also involved Key Club, 4-H and Students Against Drunk Driving.

Personal: Born Aug. 7, 1989 in Topeka, Kan... Daughter of Dan and Cindy Bervert... Majoring in biology... Wants to attend medical school and become an optometrist... Enjoys golf, cooking, outside activities, travel and photography.

kilah bond

5-5 | senior
cox
hugoton, kan.

I chose K-State because...
"...of the the small town vibe, athletic programs, and easy transition and adaptation to a larger school."

What K-State rowing means to me...
"Not having physical control over how fast the boat moves, but having mental control over the rowers bodies and minds and motivating them to go beyond what they thought they could do. Words are a very impactful part of my job."

2007-08: Named to the Big 12 Commissioner's Honor Roll in both semesters... Coxed the 2V8+ that defeated Kansas in the Sunflower Showdown and again at the Kansas Cup Regatta, helping K-State to claim the team trophies at both events... Put together a strong race performance in the 2V8+'s final at the San Diego Crew Classic... Brought home a gold medal with the 2V8+ from SIRAs... Earned first varsity letter.

2006-07: Named Big 12 Commissioner's Honor Roll for both semesters... Raced all season in the First Novice Eight crew... Helped the 1N8+ defeat Kansas at the Sunflower Showdown... Member of the 1N8+ that defeated Duke and Iowa at Longhorn Invitational... Helped the Wildcats finish first in the Novice Eight race at Kansas Cup, Southern IRA's and NCAA Central Regionals... Also member of the 1N8+ crew that finished second at Big 12 Championships and fifth at the San Diego Crew Classic.

Prior to K-State: Attended Butler Community College and ran track and field for two years as a heptathlete... Finished top 10 in the nation for both years and both indoor and outdoor seasons.. Received Academic All-American honors and graduated with an Associates of Science with a 3.94 GPA.

High School: Graduated from Hugoton High School... Lettered in volleyball, cross-country, basketball and track and field... Went to state in cross country and track and field.. Placed at state three years in a row.

Personal: Born Jan. 29, 1986 in Hugoton, Kan... Daughter of Greg and Tami Bond... Has three siblings: Kelsey (25), Karsten (23), Kaitlin (19), a brother-in-law Zach, and sister-in-law Stacy... Enjoys running half-marathons, 10K and 5K's, playing intramural sports, riding horses, playing poker, traveling and watching movies... Majoring in kinesiology.

kilah bond

meet the wildcats

christa bowman

5-11 | sophomore
port/starboard
plymouth, minn.

I chose K-State because...
"after visiting the architecture program and feeling so comfortable on campus, I knew I wanted to be in Manhattan."

What K-State rowing means to me:
"Everything. It is a family made of spirit, support, fun, and compassion."

2007-08: Named to the Big 12 Commissioner's Honor Roll in both semesters... Brought home the gold with the 1N8+ at the Head of the Des Moines and also raced in the 2V8+ that defeated Kansas at that event... In the spring, competed in the 1V8+ that won its race to help secure the Kansas Cup trophy for the K-State team... Put together a strong race performance in the 2V8+'s final at the San Diego Crew Classic... Claimed a gold medal in the 2V8+ at SIRAs... Earned her first varsity letter.

High School: Graduated from Wayzata High School... Played softball for two years... Participated in the community service/ volunteer work for Club Y.E.S., Girl Scouts, Church Youth Group and Mission Tips.

Personal: Born Oct. 3, 1987... Daughter of Rebby Bowman and Barb Boulware... Hobbies: Nordic skiing and art.

nicole burdiek

6-0 | freshman
port/starboard
emporia, kan.

High School: Graduated from Emporia High School... Lettered in volleyball twice... Lettered in basketball.

Personal: Born June 9, 1989... Daughter of Lynn and Jeanette Burdiek... Has four siblings: Jeff (25), Matt (24), Jarod (23) and Amy (19)... Majoring in psychology... Plans to go to medical school... Enjoys volleyball, basketball, photography, and scrapbooking.

weatherly butler

5-3 | freshman
cox
lawrence, kan.

High School: Graduated from Lawrence Free State High School... Active in swimming, volleyball, cheer, golf, gymnastics and power tumbling.

Personal: Daughter of John and Kristi Butler... Majoring in animal science.

stephanie carr

5-8 | sophomore
port/starboard
auburn, kan.

2007-08: Named to the Big 12 Commissioner's Honor Roll in semesters... Made her racing debut stroking the 2N8+ at the Longhorn Invitational... Raced in the N4+ at SIRAs.

High School: Home schooled... Earned four varsity letters in basketball and track and field and three each in volleyball and cross country... Became the first female athlete in school history to earn letters in four different sports in one season... Served as basketball, volleyball, track and field and cross country team captain as a senior... Helped the basketball team to the National Homeschool "B" Championship in 2003... Also helped the squad claim four league championships and three tournament titles... Led the volleyball squad to a league tournament championship in 2005... Holds the current school record in the shot put... Earned medals in cross country, 100 meter hurdles, 300 meter hurdles, 400 meters, 800 meters, discus and shot put as well as in the 4x100 meter, 4x400 meter and 4x800 meter relays... Selected to the All-Character Team in 2006 and 2007... Involved in student council... A member of the Academic, Art and Forensics Team.

Personal: Born July 31, 1989... Daughter of Luellen and Daniel Carr... Majoring in electronic journalism and public relations... Wants to become a top reporter or anchor... Enjoys art, reading, writing, going to concerts and spending time with friends.

meet the wildcats

heather crichton

5-11 | sophomore
starboard
oak grove, mo.

I chose K-State because...
"the school is great, and the town feels like home. The community support behind K-State athletics is amazing!"

What K-State rowing means to me:
"Pride and success!"

2007-08: Raced to two gold medal finishes in the N4+ and 1N8+ at the Head of the Des Moines... In the spring, competed in the 1V8+ that won its race to help secure the Kansas Cup trophy for the K-State team... Put together a strong race performance in the 2V8+'s final at the San Diego Crew Classic... Claimed a gold medal in the 2V8+ at SIRAs... Earned her first varsity letter.

High School: Graduated from Oak Grove High School... Played basketball, volleyball and track for four years... Kansas City Scholar Athlete... Received All-Athlete award and U.S. Marine Corp Athletic award... Helped the 2004 basketball team to district title... Played in the Missouri All-Star Basketball game... Member of the National Honor Society and Academic All-Conference.

Personal: Born Sept. 3, 1987... Daughter of Marty and Sheila Crichton... Hobbies: Scuba diving and kayaking.

teall culbertson

5-9 | sophomore
port/starboard
arkansas city, kan.

2007-08: Named to the Big 12 Commissioner's Honor Roll in both semesters... Brought home a gold medal with the 1N8+ at the Head of the Des Moines... Defeated Duke in the 1N8+ at the Longhorn Invitational... Advanced the 1N8+ to the A final at SIRAs.

High School: Graduated from Arkansas City High School... Lettered all four years in cross country and track and field and three years in basketball... Selected twice to the all-state team in track and field team, including first team... Named honorable mention all-league team twice... Tied the school record in the 100 meter hurdles and pole vault... Also participated in band.

Personal: Daughter of Ken and Rhonda Culbertson... Father, Ken, served as her high school cross country and track and field coach... Majoring in biology... Enjoys arts and crafts.

danna davidson

6-0 | senior
port/starboard
austin, texas

I chose K-State because...
"...it has a great program for my major. I soon realized that it was not only a great school, but also a great school filled with incredible people!"

What K-State rowing means to me:
"K-State Rowing has become more than just a sport to me. It has taught me about myself and I like to think it has made me a stronger individual. But most of all the K-State women's rowing team has become my family away from home."

2007-08: Named to the Big 12 Commissioner's Honor Roll in the spring semester... Claimed a gold medal in the 1V8+ at the Head of the Des Moines and also raced the 2V4+ at that event... Competed in the 2V8+ that defeated Kansas in the Sunflower Showdown, helping K-State to claim the team trophy.

2006-07: Named Big 12 Commissioner's Honor Roll in the Fall semester... Made her collegiate rowing debut at the Head of the Iowa in the 2N8+, placing 12th in a field of 36 crews... Part of the 2N8+ that beat Kansas at the Sunflower Showdown... Member of the 1N8+ that won the Kansas Cup, Southern IRA's and NCAA Central Regionals... Helped the Wildcats finished second at Big 12 Championships and fifth at San Diego Crew Classic... Also raced in the 1N8+ that defeated Duke, UCF, Miami and Iowa at the Longhorn Invitational... Named a CRCA Scholar-Athlete.

High School: Graduated from James Bowie High School... Lettered in swimming... State Champion in 100-breastroke... Member of National Champion 800-meter freestyle relay team... Helped the team to State Championships... Named an Academic All-American all four years.

Personal: Born May 16, 1986... Daughter of David and Gayla Davidson... Enjoys swimming, running and biking... Majoring in nutritional sciences.

tiane devore

5-7 | sophomore
port/starboard
cheney, kan.

I chose K-State because...
"of the atmosphere and the veterinary program."

What K-State rowing means to me:
""Pride, fun, friends, and education."

2007-08: Named to the Big 12 Commissioner's Honor Roll in the spring semester... Made her racing debut in the 2N8+ at the Sunflower Showdown... Defeated Duke in the 1N8+ at the Longhorn Invitational... Advanced the 1N8+ to the A final at SIRAs.

High School: Graduated from Cheney High School... Played volleyball and basketball and ran track and cross country.

Personal: Daughter of Stacy and Clint DeVore... Majoring in animal science.

heather crichton

meet the wildcats

jennifer flannigan

6-1 | senior
starboard/port
burlington, kan.

I chose K-State because...
"K-State is a wonderful school that my family has been attending for years. Being recruited to join the rowing team sealed the deal."

What K-State rowing means to me:
"Hard work, dedication and determination. It is a place that you can lose yourself, even if it's just for a few minutes. Rowing is what I spend the majority of my day either thinking about or working on. Rowing is a once in a lifetime opportunity that I'm glad I took!"

2007-08: Named to the Big 12 Commissioner's Honor Roll in both semesters... Captured a gold medal in the 1V8+ and silver in the 1V4+ at the Head of the Des Moines... Competed in the 1V8+ that defeated Kansas in the Sunflower Showdown and again at the Kansas Cup Regatta, helping K-State to claim the team trophies at both events... Advanced the 1V8+ to the Grand Final at the San Diego Crew Classic... Earned third varsity letter.

2006-07: Named to the Big 12 Commissioner's Honor Roll for the spring semester... Raced in the 1V8+ all season... Helped the team finish 10th at the Head of the Iowa, fifth at the San Diego Crew Classic and third at Southern IRA's... Earned second varsity letter.

2005-06: Made her collegiate rowing debut with the 1N8+ at the Head of the Oklahoma, claiming the gold medal in the Novice 8+ event... Also notched a sixth-place finish in the Varsity 8+ event of the Head of the Oklahoma... Raced to a gold medal at the Head of the Iowa, defeating powerhouses Wisconsin and Minnesota by over 25 seconds... Raced with the 1N8+ at the Sunflower Showdown taking home the victory over Kansas... Raced the entire spring season in the 1V8+... Raced with the 1V8+ at the San Diego Crew Classic, garnering a program-best finish of second place in the Women's Cal Cup... Came home with a fourth place finish from SIRAs, besting in-state rival KU by three seconds at the event... Finished the season with an exciting finish in the 1V8+ at the Central Region Championships falling just 0.42 seconds short of overcoming Indiana in the final 300 meters, thus gaining a ninth-place finish in the Central Region for the 1V8+... Team finished tied for seventh place in the Central Region... Earned first varsity letter.

High School: Graduated from Burlington High School... Lettered in volleyball, basketball and track and field... A unanimous all-league volleyball selection and team MVP for two years... Named *Emporia Gazette* All-Area Volleyball Player of the Year... Two-time all-league and two-time *Emporia Gazette* All-Area team selection in basketball... Named a *Topeka Capital-Journal* and *Wichita Eagle* All-State Class 3A selection in basketball... Holds the school record for most points in a single game (40)... State track qualifier in the shot put and javelin... Finished fifth at state in the shot put... Holds the school record in the shot put (39 feet)... Four-year academic letterwinner and high honor roll student... Selected as the Physical Education Student of the Year... A Kansas Scholar honoree... Graduated summa cum laude... Member of the National Honor Society, BASTC and FCA.

Personal: Born Aug. 24, 1985... Daughter of Richard and Susan Flannigan... Has a double major in kinesiology and education... Enjoys playing sports.

kylie hanson

5-10 | junior
port/starboard
pawnee rock, kan.

I chose K-State because...
"...I really didn't look at any other school, I knew for a long time that I wanted to come to K-State. My family has football tickets so we have been coming to the games for a long time. I got used to Manhattan and the atmosphere on game weekends. It is a great place!"

What K-State rowing means to me...
"...a chance to be part of Division I Athletics, represent my school and help build this program! It is very challenging and demanding, but in the end all the hard work pays off!"

2007-08: Competed in the 1V8+ that defeated Kansas in the Sunflower Showdown and again at the Kansas Cup Regatta, helping K-State to claim the team trophies at both events... Advanced the 1V8+ to the Grand Final at the San Diego Crew Classic... Earned first varsity letter.

2006-07: Named Big 12 Commissioner's Honor Roll for both semesters... Member of the 1N8+ that won the Head of the Oklahoma, Sunflower Showdown, Kansas Cup, Southern IRA's and NCAA Central Regionals... Helped the Wildcats finish second at the Big 12 Championships and fifth at the San Diego Crew Classic... Also raced on the 1N8+ that defeated Duke, UCF, Miami and Iowa at the Longhorn Invitational.

High School: Graduated from Larned High School... A three-year letterwinner in volleyball and basketball... All-league and all-area honorable mention selection in basketball... Named Senior Female Athlete of the Year... Also lettered in track and field.

Personal: Born Jan. 5, 1987... Daughter of Lynn and Tama Hanson... Has one brother, Brooks (17)... Majoring in human nutrition and exercise science... Enjoys playing and watching sports, being outdoors, swimming and going to the lake.

michelle higgins

5-8 | senior
starboard/port
manhattan, kan.

2007-08: Selected a 2008-09 Goldwater Scholar... Named to the Big 12 Commissioner's Honor Roll in both semesters... Stroked the 1V8+ to beat Kansas and help secure the Sunflower Showdown trophy for the Wildcats... Stroked the 2V8+ to defeat KU in the spring, assisting the Wildcats in claiming the Kansas Cup as well... Put together a strong race performance in the 2V8+'s final at the San Diego Crew Classic... Stroked the 2V8+ to take home the gold at SIRAs... Earned first varsity letter.

2006-07: Named to the Big 12 Commissioner's Honor Roll for the Fall semester... Helped the Varsity Four defeat Kansas in the Sunflower Showdown.

2005-06: Named to the Big 12 Commissioner's Honor Roll for both semesters, earning a 4.0 GPA both terms... Made her collegiate rowing debut at the Head of the Oklahoma racing with the 1N8+... Finished an impressive sixth place in the Varsity 8+ event and put together a gold medal performance to win the Novice 8+ event... Continued her winning ways with the 1N8+ and raced to a gold medal at the Head of the Iowa, defeating traditional powerhouses Wisconsin and Minnesota by over 25 seconds... Raced with the 1N8+ at the Sunflower Showdown taking home the victory over Kansas... Began the spring season racing with the 1N8+ at the Longhorn Invitational, gaining victories over Duke and Miami... Raced with the 1N8+ at the Kansas Cup, defeating KU once again... Put together great races with the 1N8+ at SIRAs to bring home a gold medal... Notched the first-ever victory by a K-State crew at the Big 12 Invitational with the 1N8+.

High School: Graduated from Manhattan High School... Participated on the school's rowing club... Named Co-Woman of the Year once and Woman of the Year once... Turned in a best erg (2K) time of 7:37.6.

Personal: Born May 1, 1986... Majoring in nutritional sciences and pre-pharmacy... Member of the Pre-Pharmacy Club... Enjoys reading, camping, playing sports and cake decorating.

meet the wildcats

heather hoffman

5-11 | senior
starboard/port
great bend, kan.

I chose K-State because...
"K-State is not only a place where I know I will receive a great education, but it also allows me the opportunity to participate in a Division I varsity sport!"

What K-State rowing means to me:
"It means a continually building program that I have the ability to make a difference in!"

2007-08: Named to the Big 12 Commissioner's Honor Roll with a 4.0 GPA in both semesters... Captured a gold medal in the 1V8+ and silver in the 1V4+ at the Head of the Des Moines... Competed in the 1V8+ that defeated KU in the Sunflower Showdown and again at the Kansas Cup Regatta, helping K-State to claim the team trophies at both events... Stroked the 1V8+ to advanced to the Grand Final at the San Diego Crew Classic... Named a CRCA National Scholar Athlete... Earned third varsity letter.

2006-07: Named to the Big 12 Commissioner's Honor Roll for Fall '06 and Spring '07... Earned a 4.0 GPA both semesters... Raced in the 1V8+ all season... Helped the Wildcats finish 10th at the Head of the Iowa, fifth at the San Diego Crew Classic and third at Southern IRA's... Earned second varsity letter... Named a CRCA Scholar Athlete.

2005-06: Named to the Big 12 Commissioner's Honor Roll for both semesters, earning a 4.0 GPA... Made her collegiate rowing career debut at the Head of the Oklahoma racing in the 1N8+... Finished an impressive sixth place in the Varsity 8+ event and put together a gold medal performance to win the Novice 8+ event... Continued her winning ways with the 1N8+ and raced to a gold medal at the Head of the Iowa, defeating traditional powerhouses Wisconsin and Minnesota by over 25 seconds... Raced with the 1N8+ at the Sunflower Showdown taking home the victory over KU... Raced the entire spring season in the 1V8+... Raced with the 1V8+ at the San Diego Crew Classic, garnering a program-best finish of second place in the Women's Cal Cup... Came home with a fourth-place finish from SIRAs, besting in-state rival Kansas by three seconds at the event... Finished the season with an exciting finish in the 1V8+ at the Central Region Championships falling just 0.42 seconds short of overcoming Indiana in the final 300 meters, thus gaining a ninth-place finish in the Central Region for the 1V8+... Team finished tied for seventh place in the Central Region... Earned first varsity letter.

High School: Graduated from Great Bend High School... Lettered in volleyball, basketball and soccer... Two-time league champions in volleyball... Team won sub-state championship in 2003... Named honorable mention all-state and first team all-league in volleyball as a senior... Selected to the *Great Bend Tribune* and *Hutchinson News* All-Area Team... Holds the school record for best serving percentage in a single season (.982)... Captured the league title in basketball three times... Named first team all-conference in basketball as both a junior and senior... Holds the school record for most offensive rebounds in a single season (81)... Team won league championship in soccer as a freshman... Named first team all-conference in soccer... Member of the National Honor Society, student council, pep club board and Kayettes... Served as team captain in volleyball, basketball and soccer during her senior year.

Personal: Born Sept. 9, 1985... Daughter of Curtis and Kathi Hoffman... Has two sisters, Katrina (23) and April (19)... Majoring in communication sciences... Enjoys playing sports, coaching youth T-ball and spending time with family and friends.

whitley jackson

5-5 | sophomore
cox
lawrence, kan.

I chose K-State because...
"of the friendly environment (and to get out of Lawrence)."

What K-State rowing means to me:
"a new opportunity to start things over, meet new people and decide what to do with the rest of my life!"

2007-08: Named to the Big 12 Commissioner's Honor Roll in both semesters with a 4.0 GPA in the spring... Made her racing debut in the 2N8+ at the Sunflower Showdown... Coxed the 1N8+ that defeated Duke at the Longhorn Invitational... Advanced the 1N8+ to the A final at SIRAs.

High School: Graduated valedictorian from Lawrence Free State High School... Was a four-year letterwinner in swimming... Competed in State swimming tournament all four years... Placed second at league tournament as a senior... Played two years of volleyball... Earned an All-American Academic award.

Personal: Born April 24, 1989... Daughter of Cheryl Trenholm and Rock Jackson... Has one sister, Ashley (21)... Pursuing double major in biology and gerontology with a minor in Spanish... Aspires to attend medical school... Enjoys swimming, trying new things and traveling.

amanda keim

5-10 | freshman
port/starboard
mcpherson, kan.

High School: Graduated from McPherson High School... Participated in debate, forensics and newspaper... Placed fourth at 5A state debate tournament in both 2006 and 2005... Was the state forensics champion in 2007 and earned a spot in the high school hall of fame.

Personal: Born Aug. 31, 1989... Daughter of Richard Keim and Nadine Allen... One younger sister, Amber Keim... Majoring in journalism... Enjoys writing, reading, running, cooking, and coloring.

meet the wildcats

anna knackstedt

5-8 | sophomore
port/starboard
winfield, kan.

I chose K-State because...
"I wanted the opportunities and experiences of a Big 12 university but also a place where I felt like more than just another number...here, people really care about me."

What K-State rowing means to me:
"Family. I love being able to walk across campus and see tons of familiar faces that I can stop and talk to. I've made so many great lasting friendships and I've only been here one year! I can't wait to see what the next few years will hold for me at K-State!"

2007-08: Named to the Big 12 Commissioner's Honor Roll in the Fall semester... Made her racing debut in the 2N8+ at the Sunflower Showdown... Advanced the 1N8+ to the A final at SIRAs.

High School: Graduated valedictorian from Winfield High School... A four-year letterwinner in tennis... USTA Team Tennis Missouri Valley Champions 2004... Student Council President... Recognized as a Kansas Honors Scholar... Named to the National Honor Roll.

Personal: Born May 25, 1989 in Winfield, Kan. ... Daughter of Dennis and Beth Knackstedt... Has one sister, Elsa (22)... Pursuing a double major in French and political science... Enjoys music, old movies, coffee, travel, and politics.

michael knoll

5-7 | senior
starboard/port
topeka, kan.

I chose K-State because...
"The campus atmosphere and in-state tuition can't be beat."

What K-State rowing means to me:
"It means dedicating one's time and energy for their teammates; giving of yourself to meet the team's ultimate season goal."

2007-08: Named to the Big 12 Commissioner's Honor Roll with a 4.0 GPA in both semesters... Competed in the 2V8+ that defeated Kansas in the Sunflower Showdown and again at the Kansas Cup Regatta, helping K-State to claim the team trophies at both events... Put together a strong race performance in the 2V8+'s final at the San Diego Crew Classic... Claimed a gold medal in the 2V8+ at SIRAs... Named a CRCA National Scholar Athlete... Earned second varsity letter.

2006-07: Named Big 12 Commissioner's Honor Roll for both semesters... Member of the 1V8+ that finished 10th at Head of the Iowa... Helped the 1V8+ finish fifth at the San Diego Crew Classic... Raced in the 2V8+ that finished third at the Southern IRA's and second at the Big 12 Invitational... Named a CRCA National Scholar Athlete... Earned first varsity letter.

2005-06: Named to the Big 12 Commissioner's Honor Roll for both semesters, earning a 4.0 GPA... Made her collegiate rowing debut at the Head of the Iowa in the 2N8+, racing to a 16th-place finish in a field of 27 boats... Began the spring season in the N4+ at the Longhorn Invitational... Moved into the 1N8+ for the remainder of the spring... Claimed a victory over in-state rival Kansas at the Kansas Cup with the 1N8+... Put together great races with the 1N8+ at SIRAs to bring home a gold medal... Notched the first-ever victory by a K-State crew at the Big 12 Invitational with the 1N8+... Closed the season claiming seventh place at the Central Region Championships in the 1N8+... Team finished tied for seventh place in the Central Region.

High School: Graduated from Washburn Rural High School... Played freshman basketball... Member of the Topeka Rowing Club... Finished third in the girls junior single and third in the Open mixed quad at the Frostbite Regatta... Active member of the Episcopal Diocese of Kansas Youth Program... Selected as a Governor's Scholar with a ranking in the top one percent of graduating class.

Personal: Born Jan. 14, 1987...Daughter of Steven and Sally Knoll... Has four older siblings, Bill, Christina, Sarah and Katie... Majoring in business... Enjoys ultimate Frisbee, watching movies, reading and playing tennis.

jayci mckenney

6-0 | freshman
port/starboard
fort scott, kan.

High School: Graduated from Fort Scott High School... A four-year letterwinner in basketball, track, and cheerleading... A two-year letterwinner in volleyball... Participated in Key Club, Pride, FCA, Student Council... Also taught Bible School.

Personal: Born Oct. 6, 1988... Daughter of Tim and Deb McKenney... Has three siblings: Shane Wood (36), Shannon Pulliam (32) and Jami McKenney (21)... Majoring in mass communications... Enjoys horseback riding, fishing, camping, basketball and dancing.

chelsey mueller

4-11 | sophomore
cox
salina, kan.

2007-08: Named to the Big 12 Commissioner's Honor Roll in both semesters... Coxed the N4+ and the 1N8+ to gold medal finishes at the Head of the Des Moines... Raced in the N4+ at SIRAs.

High School: Graduate from Southeast of Saline High School... Ran cross country for three years and played softball for one year... Three-time state qualifier in cross country... Helped the team finish third at the regionals... Received Principal's Leadership award, Robert Dole Scholar, Ray Kroc Award, Citizensyhip award and American Legion award.

Personal: Born Nov. 9, 1987... Daughter of Alan and Cindy Mueller... Enjoys being outside and spending time with people.

michael knoll

meet the wildcats

sarah murdoch

5-9 | freshman
port/starboard
derby, kan.

High School: Graduated from Derby High School... Active in band and choir... Participant in the KMEA District and State choirs in junior and senior years... Served as Community Service Director of KAY Club... Mentor for freshman... Selected to the Executive Board of the National Honor Society... Volunteered regularly for Old Cowtown Museum, a 1870's historical museum in Wichita... Danced on a tap dancing team... Involved in church youth group... Awarded the Silver and Gold awards in Girl Scouts... Earned the Boy Scout Venturer Bronze Award... Recognized as a Robert Dole Scholar... Named Miss Derby 2007... 2007 Miss Kansas participant through the Miss America Organization.

Personal: Born July 26, 1989... Working toward a double major in Spanish and education... Enjoys traveling... Studied abroad twice... Is a Brazilian citizen... Plays golf with her dad and brother, Douglas (17)... Enjoys cooking, racquetball, hiking, camping, and watching funny movies.

caitlin olson

5-9 | sophomore
port/starboard
lakin, kan.

I chose K-State because...
"I've been a Wildcat fan my entire life! I love the people I've met, the campus, the great atmosphere and the school spirit! Go Cats!

What K-State rowing means to me:
"Good times with great friends, a stepping stone on my way to medical school and an overall great experience."

2007-08: Named to the Big 12 Commissioner's Honor Roll in both semesters... Made her racing debut in the 2N8+ at the Sunflower Showdown... Defeated Duke in the 1N8+ at the Longhorn Invitational... Advanced the 1N8+ to the A final at SIRAs.

High School: Graduated from Lakin High School... Lettered in volleyball, basketball, track, and band... Helped Lakin to the 2004 sub-state volleyball title... Named to the all-league volleyball team... Also selected to the *Garden City Telegram* All-Area second team... Earned all-league honorable mention honors in basketball... Named to the Scott City Invitational All-Tournament Team... Earned basketball award for leading the team in rebounds... Voted Most Inspirational Basketball Player... Served as captain of volleyball and basketball teams as a senior... State track competitor... Named Athlete of the Year as a senior... Captured The Bronc Award for most outstanding senior girl... Earned the Citizenship Award as a senior... Member of the National Honor Society... Member of Partners In Community Service... Selected Academic All-League... Member of Fellowship of Christian Athletes, Student Council and 4-H... Spent time as a Mentor for Big Brothers Big Sisters as a senior.

Personal: Born April 26, 1989... Parents are Michael and Debra Olson... Has a sister... Working toward a double major in biology Pre-Medicine and Gerontology with double minor in Spanish and business... Aspires to become an Ophthalmologist.

caitlin olson

jessica parrish

5-9 | sophomore
port/starboard
hays, kan.

I chose K-State because...
"of the amazing atmosphere. K-State offers small town heart and big city perks."

What K-State rowing means to me:
"K-State is more than just a school. It's my home, my family, and my chance to discover who I am and who I want to be."

2007-08: Named to the Big 12 Commissioner's Honor Roll in both semesters... Brought home a gold medal with the 1N8+ at the Head of the Des Moines... Defeated Duke in the 1N8+ at the Longhorn Invitational.

High School: Graduated magna cum laude from Hays High School... Participated in volleyball, basketball and track all four years... Member of Student Council, National Honor Society, and BPA... Participated in Catholic Youth Organization as class representative, secretary and President.

Personal: Born Feb. 3, 1989... Daughter of Garrett and Melissa Roe... Has two siblings, Ashlyn (11) and Kaleb (9 months)... Majoring in microbiology and chemistry... Enjoys being active and spending time with friends and family.

ali peters

5-10 | freshman
port/starboard
blue springs, mo.

High School: Graduated from Blue Springs High School... Lettered twice in swimming... Team won State swimming title consecutive years... Lettered in basketball... Helped the squad win the 2007 basketball conference championship... Member of Future Teachers of America... Participated in Fellowship of Christian Athletes.

Personal: Born July 5, 1988... Daughter of Louis and Cynthia Peters... Has one sister, Jessica (23)... Enjoys listening to music, hanging out with friends and working out.

meet the wildcats

audrey polifka

6-0 | freshman
port/starboard
hays, kan.

High School: Graduated from Hays High School... A three-time letterwinner in volleyball... Named to first team all-conference as a senior... Selected to Liberal Tournament Team in senior year... Lettered twice in basketball... Selected to Hays Shootout All-Tournament Team as a senior... Named to All-Academic Team as a senior... Recognized as honorable mention all-conference her senior year... Selected to all-state all-academic team... A four-year letterwinner in track... President of Student Council... Vice president of National Honor Society chapter... Involved with Business Professionals of America.

Personal: Born June 16, 1989... Daughter of David and Diane Polifka... Has three brothers: Justin (26), Joel (22) and Jared (15)... Majoring in chemical engineering... Enjoys playing basketball or volleyball, reading and laughing.

caitlin reynolds

5-7 | sophomore
port/starboard
topeka, kan.

2007-08: Named to the Big 12 Commissioner's Honor Roll in the fall semester... Made her racing debut in the 3N8+ at the Sunflower Showdown... Stroked the N4+ at SIRAs.

High School: Home schooled... Played soccer, basketball and volleyball... Helped basketball team to a 28-8 overall record and the league championship in 2003... Earned the Sportsmanship Award... Also participated in forensics, debate and 4-H.

Personal: Born March 8, 1989... Daughter of John and Cheryl Reynolds... Majoring in computer science... Taught community classes... Was a youth leader in 4-H... Member of the Kansas State debate team... Avid fan of European soccer.

kris richman

6-0 | junior
port/starboard
hutchinson, kan.

I chose K-State because...
"...of the friendly and helpful people as well as awesome traditions."

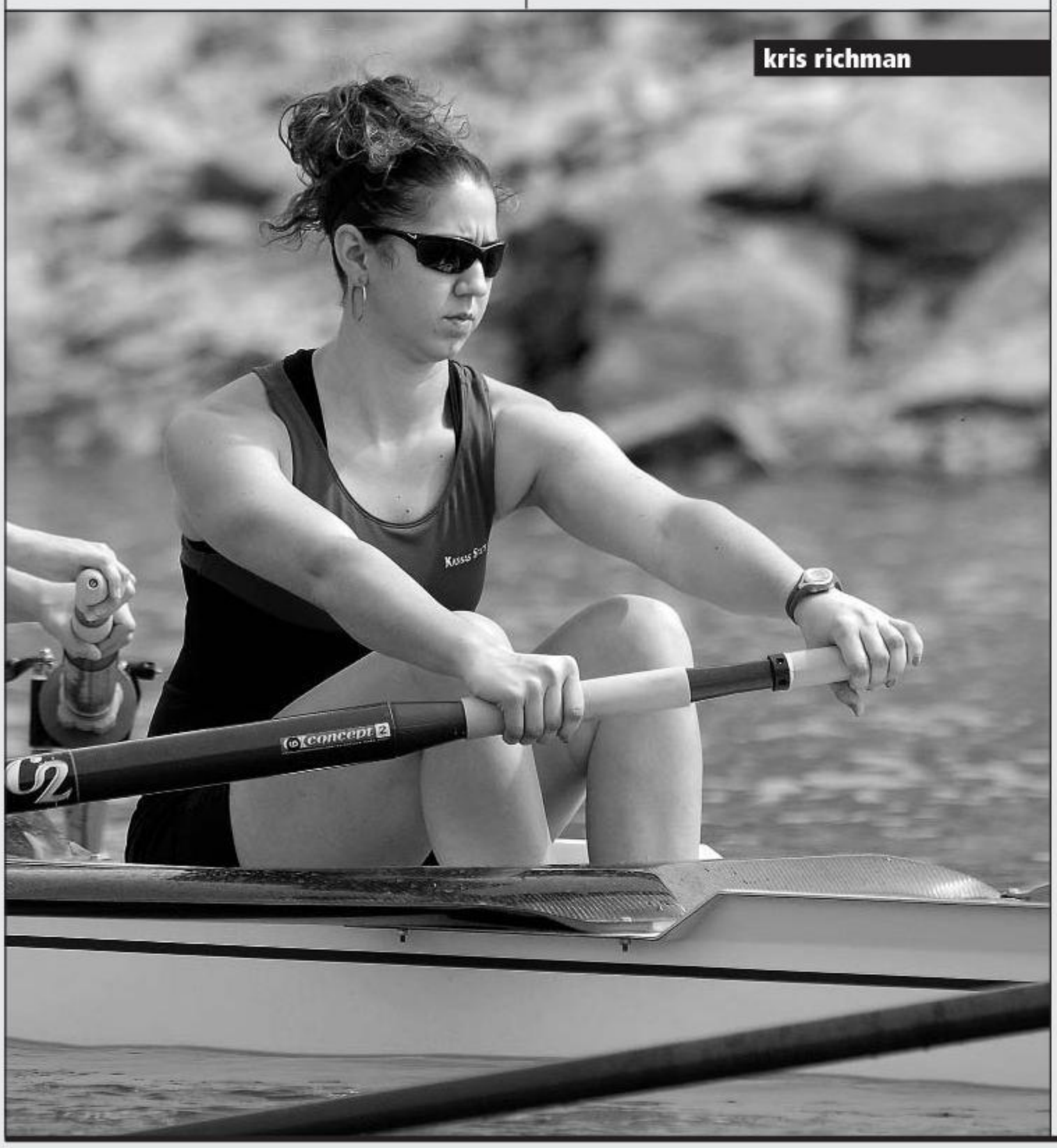
What K-State rowing means to me:
"It is competitive, exhilarating, fun, challenging and great friendships. There's not much more you could ask for!"

2007-08: Named to the Big 12 Commissioner's Honor Roll in the spring semester... Captured a gold medal in the 1V8+ at the Head of the Des Moines... Competed in the 1V8+ that defeated Kansas in the Sunflower Showdown and again at the Kansas Cup Regatta, helping K-State to claim the team trophies at both events... Advanced to the Grand Final in the 1V8+ at the San Diego Crew Classic... Earned second varsity letter.

2006-07: Named Big 12 Commissioner's Honor Roll for both semesters... Helped the 1N8+ win the Head of the Oklahoma, Head of the Iowa and Sunflower Showdown... Raced to victories over Duke, UCF, Miami and Iowa in the 1N8+ at the Longhorn Invitational... Moved into 1V8+ for the San Diego Crew Classic, claiming fifth place... Raced to a bronze medal at the Southern IRA's with the 1V8+... Finished the season in the 1N8+ at NCAA Central Regionals, taking the gold medal... Earned first varsity letter... Named a CRCA Scholar-Athlete.

High School: Graduated from Buhler High School... A four-year letterwinner in volleyball, basketball and track... Named first team AVCTL Division III in volleyball... Holds school record for most kills in a single game (21)... Helped volleyball capture league title... Led team to the Class 4A State Basketball Championship... Leading scorer at state (18)... Selected to the *Wichita Eagle* All-State as well as the *Topeka Capital-Journal* All-Class 4A first team... Also a member of the Kansas Basketball Coaches Association (KBCA) first team... Named to the *Hutchinson News* All-Reno County first team and most valuable player... Nominated for McDonald's All-America team... Selected to the Gardner/Edgerton All-Tournament team... Named the most valuable player of the AVCTL Division III in track... Selected as a Governor's Scholar and Kansas Honors Scholar... A member of the National Honor Society and Student Council.

Personal: Born April 16, 1987... Daughter of Dana and Connie Richman... Has two siblings, Gabe (21) and Brennen (17)... Majoring in nutritional sciences as well as Pre-Medicine... Member of Kappa Alpha Theta Sorority... Enjoys playing sports, traveling and spending time with family and friends.



meet the wildcats

tiane devore and fiona sampson

melanie rogers

5-9 | sophomore
port/starboard
learned, kan.

2007-08: Made her racing debut in the 2N8+ at the Sunflower Showdown... Raced in the N4+ at SIRAs.

High School: Graduated from Pawnee Heights High School... Participated on the dance team.

Personal: Daughter of Scott and Julie Rogers... Majoring in pre-pharmacy.

fiona sampson

5-6 | sophomore
port/starboard
mission, kan.

I chose K-State because...
"of the architecture program and the campus."

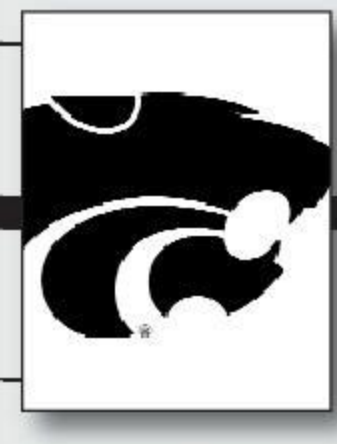
What K-State rowing means to me:
"A good education in programs you can't find at just any other university. A big family of people I can get advice from and hang out with. Hard work and fun with friends/teammates!"

2007-08: Made her racing debut in the 2N8+ at the Sunflower Showdown... Advanced the 1N8+ to the A final at SIRAs.

High School: Graduated from Shawnee Mission North High School... Lettered in Academics... Member of National Honor Society... Participated in St. Andrew's Highland Dance Association.

Personal: Born Nov. 16, 1988... Daughter of Susan Speck and Rodney Sampson... Has two siblings: step-sister, Millianna (17) and half-brother, John (10)... Enjoys dancing, baking and hanging out with friends.

alyssa sams



5-10 | freshman
port/starboard
kansas city, mo.

High School: Graduated from Raytown High School... Played volleyball for one year... Played 14 years of club soccer... Participated in community service for high school club.

Personal: Born Aug. 16, 1989... Daughter of Teresa Sams... Enjoys traveling, reading and watching movies... Majoring in Pre-Vet medicine.

meet the wildcats

traci smiley

6-0 | freshman
port/starboard
shawnee mission, kan.

High School: Graduated from Bishop Miege High School... Lettered in track... Qualified for State competition in shot put.

Personal: Born March 11, 1989... Daughter of Thomas and Terri Smiley... Has one sister, Tara (21)... Majoring in nutrition and exercise science... Enjoys water-skiing, fishing, hunting and basketball.

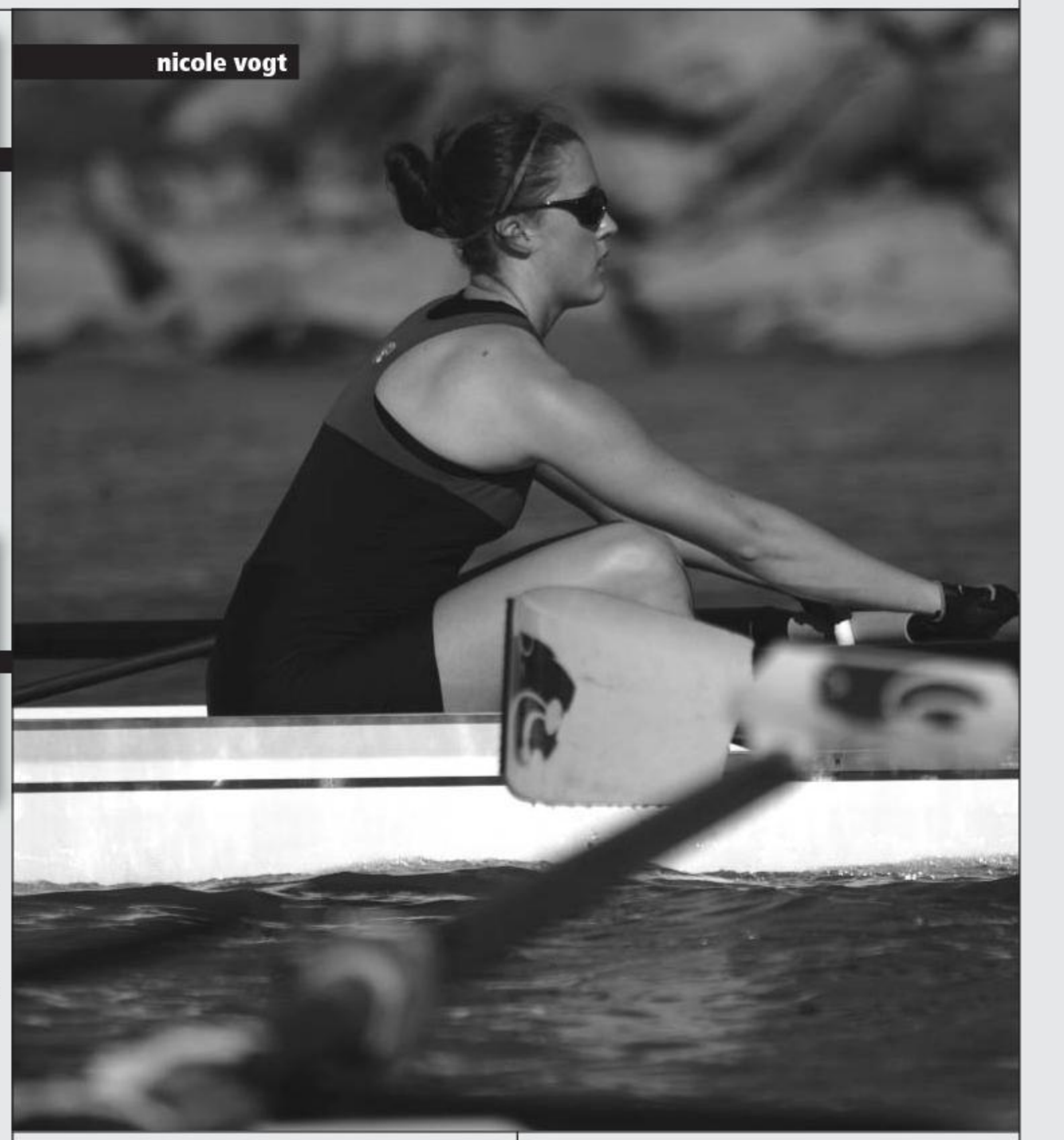
melissa steen

5-9 | sophomore
starboard/port
wamego, kan.

2007-08: Named to the Big 12 Commissioner's Honor Roll in both semesters... Raced to two gold medal finishes in the N4+ and 1N8+ at the Head of the Des Moines... Defeated Duke in the 1N8+ at the Longhorn Invitational... Advanced the 1N8+ to the A final at SIRAs.

High School: Graduated from Wamego High School... Ran track and cross country and played soccer... Helped the soccer team win the league championships two years... Member of the 2003 Regional Champion cross country team.

Personal: Born Dec. 17, 1987... Daughter of Tim and Marianne Steen... Hobbies include swimming and soccer.



nicole vogt

5-11 | junior
port/starboard
wichita, kan.

I chose K-State because...
"...they have some of the best academic programs in the country and the job placement of K-State graduates is very high. The college is big, but you still get the smaller college feel. Everyone is here to help you succeed."

What K-State rowing means to me:
"Is to fulfill my dream of being a NCAA Division I athlete while making the friends of a lifetime. You push past all physical and mental limits you thought possible, doing it for the girls in your boat. I love this sport because you can't do it on your own; it takes everyone."

2007-08: Named to the Big 12 Commissioner's Honor Roll in both semesters... Raced in the 2V8+ to beat Kansas and help secure the Sunflower Showdown trophy for the Wildcats... Competed in the 1V8+ to defeat Kansas in the spring, assisting the Wildcats in claiming the Kansas Cup as well... Earned first varsity letter.

2006-07: Named Big 12 Commissioner's Honor Roll for both semesters... Raced all season in the 1N8+... Member of the 1N8+ that won the Head of the Oklahoma, Sunflower Showdown, Kansas Cup, Southern IRA's and NCAA Central Regionals... Helped the Wildcats finished second at Big 12 Championships and fifth at the San Diego Crew Classic... Also raced in the 1N8+ that defeated Duke, UCF, Miami and Iowa at the Longhorn Invitational... Named a CRCA Scholar-Athlete.

High School: Graduated from Maize High School... A four-year letterwinner in track and field... State qualifier in the javelin and discus in 2003... Finished 11th in the discus and eighth in the javelin... Also lettered in volleyball and basketball... Team won three sub-state championships in volleyball... Placed third at state 6A championships... Selected honorable mention all-league as a junior... Two-time state 6A participant in basketball... Named second team all-state, first team all-league and league most valuable player as a senior... Served as team co-captain in basketball... Helped basketball team win sub-state championship... Member of the Spanish Club, SADD, KAYS, M-Club and National Honor Society... Named a Kansas Honor Scholar and Wichita State Honor Scholar... Participated in drama... Served as a Sunday school teacher for 4-6 year olds at Triumphant Faith Center.

Personal: Born March 2, 1987... Daughter of Steve and Michelle Vogt... Father played football, soccer and baseball at Tabor College... Mother played volleyball at Tabor College... Majoring in architectural engineering... Enjoys reading, watching movies, sewing and cooking.

meet the wildcats

elizabeth walter

5-8 | senior
starboard/port
des moines, iowa

I chose K-State because...
"...my sister was here and I really liked the campus."

What K-State rowing means to me...
"...is determination, hard work and satisfaction."

2007-08: Named to the Big 12 Commissioner's Honor Roll for both semesters with a 4.0 GPA in the Fall... Captured a gold medal in the 1V8+ and silver in the 1V4+ at the Head of the Des Moines... Competed in the 1V8+ that defeated Kansas in the Sunflower Showdown and again at the Kansas Cup Regatta, helping K-State to claim the team trophies at both events... Named a CRCA Scholar-Athlete... Earned first varsity letter.

2006-07: Named Big 12 Commissioner's Honor Roll for both semesters... Began the season with the 2N8+ at the Head of the Iowa claiming 12th place out of 36 crews... Defeated Kansas in the 2N8+ at the Sunflower Showdown... Member of the 1N8+ that defeated Duke, UCF, Miami and Iowa at Longhorn Invitational... Helped the Wildcats finish first in the Novice Eight race at Kansas Cup, Southern IRA's and NCAA Central Regionals... Also member of the 1N8+ crew that finished second at Big 12 Championships and fifth at San Diego Crew Classic... Named a CRCA Scholar-Athlete.

High School: Graduated from Valley High School... A four-year letterwinner in both volleyball and track... Helped volleyball team to regional championship and a trip to the state tournament as a senior year... Served as team captain... Named first team all-region for volleyball... Selected as team's most valuable player as a senior... A four-year Honor Roll student... Recipient of the Silver Honor Chord for community service.

Personal: Born May 29, 1986... Daughter of Dan and Margie Walter... Majoring in family life and community services... Enjoys running road races, biking, reading and watching movies.

amanda weishaar

6-0 | freshman
port/starboard
lawrence, kan.

High School: Graduated from Lawrence High School... A two-time letterwinner in volleyball... Helped team to two sub-state titles, including a second-place finish at the state tournament in 2004... Selected to the all-state squad as a senior.. Named second team all-league as a senior, while was recognized with honorable mention all-league honors as a junior... Lettered in softball... Participated in choir and band... Member of the National Honor Society... Named a Kansas Honors Scholar... Went to Girl's State... Participated in the Fellowship of Christian Athletes.

Personal: Born April 28, 1989...Daughter of Gary and Beth Weishaar... Has one brother, Derrick (14)... Enjoys watching movies, spending time with friends, photography, music and reading.

hanna wiltfong

6-0 | freshman
port/starboard
kansas city, mo.

High School: Graduated from Winnetonka High School... Lettered twice in volleyball... Named Teammate of the Year... Lettered in basketball... Twice selected as team captain... President of National Honor Society chapter... Selected as student body Vice-President... Chaired Service Committee... Recognized on the Honor Roll all four years.

Personal: Born Dec. 12, 1988... Daughter of Doug and Pam Wiltfong... Has one brother, Logan (16)... Majoring in mass communications... Life-long Girl Scout... Enjoys volleyball, basketball, backpacking, sailing and camping.

meet the wildcats

paula wortman

5-6 | sophomore
port/starboard
overland park, kan.

I chose K-State because...
"I felt at home here. The atmosphere at K-State is so down-to-earth and friendly. Even though there are twenty-thousand people that go to K-State, everything seems so intimate. And it's a really good school for my major, too!"

What K-State rowing means to me:
"K-State is my family. The people I've met here have helped me through the difficulties of my first year. They helped me balance my life so I could be a student-athlete and not miss out on having fun!"

2007-08: Named to the Big 12 Commissioner's Honor Roll in the Fall semester... Raced to two gold medal finishes in the N4+ and 1N8+ at the Head of the Des Moines... Defeated Duke in the 1N8+ at the Longhorn Invitational... Advanced the 1N8+ to the A final at SIRAs.

High School: Graduated Summa Cum Laude from St. Thomas Aquinas High School...Member of the National Honor Society... Earned recognition on high school Honor Roll... Named a Kansas Scholar... Rowed for the Kansas City Rowing Club all four years of high school... Competed at USRowing Nationals in 2004, 2005 and 2006... Earned a bronze medal in the Junior B Quad at USRowing Nationals in 2004... Placed second in the Junior Women's Single at the Central District Regional Championship, qualifying for 2007 Youth National Championship.

Personal: Daughter of Mark and Margaret Wortman... Has an older sister, Julia, and a nephew/godson, Cooper... Majoring in engineering... Loves to read, eat, and do just about anything active.

sarah yocum

5-11 | sophomore
starboard/port
overland park, kan.

I chose K-State because...
"I love the atmosphere in Manhattan. The community supports K-State in everything...and K-State does a great job of giving back to the community. I wanted to be a part of a school that truly does a part to help out the community."

What K-State rowing means to me:
"K-State is a unique opportunity in my life that I will never have again. Here, I can experience being on my own in a new place without being completely alone while I am forming new friendships. I see it as necessary growth for me to become the person I am supposed to be."

2007-08: Named to the Big 12 Commissioner's Honor Roll in the Spring semester... Made her racing debut in the 2N8+ at the Sunflower Showdown... Advanced the 1N8+ to the A final at SIRAs.

High School: Graduated from Kansas City Christian School... A three-year letterwinner on the volleyball team... Spent three years on the cheerleading squad, including two years as a captain... Participated in bowling as a senior... Heavily involved in theatre and yearbook... Attended Johnson Country Community College with a freshman year scholarship from the Merriam City Police Department.

Personal: Born Feb. 19, 1988... Daughter of Charlie and Bemby Yocum... Has one brother, Russell (26) and sister-in-law Stephanie... Majoring in family studies and human services... Enjoys hanging out with friends, attending Ichthus, organizing things and scrapbooking... Summer activities include teaching canoeing and waterskiing and lifeguarding at Nekamo Camp Cherith and Kanakuk Kamps.

anna young

5-11 | freshman
port/starboard
emporia, kan.

High School: Graduated from Emporia High School... Lettered in swimming... Member of SADD, IMPACT, and Model UN.

Personal: Born June 24, 1989... Daughter of John and Elizabeth Young... Has two siblings: David (22) and Bonnie (20)... Majoring in pre-physical therapy... Enjoys sports!

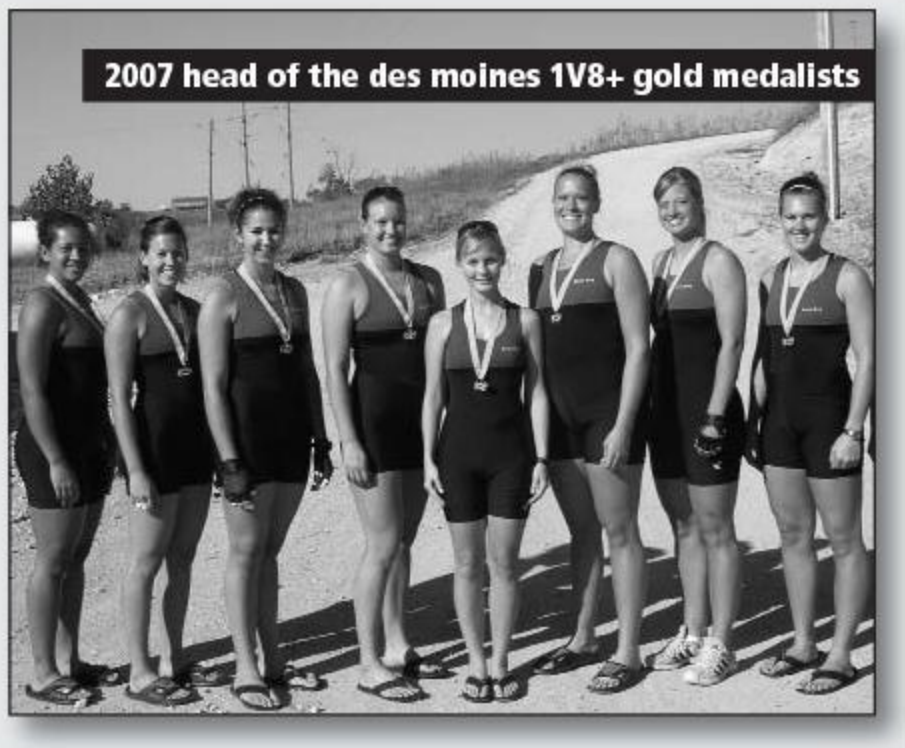
life as a wildcat

life as a wildcat

great finishes in 2007-08

2007 sunflower state champions

team at 2008 central region championships


2007 head of the des moines 1V8+ gold medalists

2008 SIRAs 2V8+ gold medalists

2008 SIRAs 1V8+ bronze medalists

program history

the history of kansas state women's rowing

Rowing began in Kansas in 1963 when coach **Don Rose** founded the Kansas State Crew. A rich tradition quickly grew, and K-State was soon competing at prestigious regattas and defeating traditional powerhouses such as Wisconsin, Purdue, Syracuse and Washington. At that time, the only rowing competition that involved women was competing for the title of Regatta Queen. It was not until the summer of 1974 that K-State women competed as rowers. The first women's boat, a coxed four, included **B.J. McCrae** (co-captain), **Jane Whitnee** (co-captain), **Masha Almond**, **Joann Davis** and **Pam Orloff**. This team of five soon grew in numbers as rowing became more popular.

During the 1980s, women's teams steadily fielded boats but still existed in the shadows of the men's squad. This changed in 1989 when **Amanda Robinson** became the first women's coach at K-State. Robinson, who previously rowed for Boston University, revitalized the women's rowing club at K-State. The Wildcats began to place boats in the top five in most races. K-State alumnus **Mike Lockas** took a novice women's 8+ to the Women's National Championship in 1989 as well, where the boat was competitive.

A few years later, K-State alumnus **Cliff Elliot** took over both the men's and women's rowing clubs. Elliot continued the trend of strong finishes, including a bronze-medal performance by the Women's Varsity Lightweight 4+ at the 1991 Midwest Championships. After Elliot left in 1992, the team was under the direction of an assortment of coaches, usually students themselves or alumni of the program.

In January of 1995, student-athletes, alumni, parents and friends of the K-State Rowing Club presented a proposal to the athletics department to accept women's rowing as an NCAA Division I sport in compliance with Title IX. The Athletic Department accepted and rowing became a varsity sport in the 1996-97 academic school year under head coach **Jenny Hale**. A former Olympic coach for England and Belgium, **Patrick Sweeney** became the program's second coach in 2003. Entering his sixth year at the helm of the program, Sweeney has guided the Wildcats to unprecedented heights in his tenure.

Kansas State became the second Big 12 Conference school to add women's rowing as a varsity sport. Kansas was the first in 1995 and Texas added rowing to its varsity sport list in 1998. Oklahoma will become the fourth league school to add the sport when the Sooners begin competition in 2008-09.

all-time letterwinners

name (letters)	years won
Alyssa Adams (3)	99-00, 01-02, 02-03
Sheree Adams (1)	99-00
Samantha Allen (2)	00-01, 01-02
Kristin Alstatt (3)	03-04, 04-05, 05-06
Jill Anderson (1)	01-02
Katie Baxter (1)	03-04
Emily Benz (3)	98-99, 99-00, 00-01
Michelle Bergman (1)	**07-08**
Stephanie Black (2)	04-05, 05-06
Deb Bley (2)	01-02, 02-03
Katy Bockelman (3)	00-01, 01-02, 02-03
Kilah Bond (1)	**07-08**
Christa Bowman (1)	**07-08**
Heather Brunk (4)	96-97, 97-98, 98-99, 99-00
Bailey Bunck (1)	05-06
Megan Burki (1)	04-05
Melissa Cessna (2)	05-06, 06-07
Kari Chadd (2)	05-06, 06-07
Kirsten Clevenger (1)	03-04
Heather Crichton (1)	**07-08**
Jacque Crockford (2)	04-05, 05-06
Melissa Darnell (2)	99-00, 00-01
Wendy Davis (1)	96-97
Kate Dillon (1)	06-07
Erin Erhart (1)	03-04
Jayme File (3)	**05-06, 06-07, 07-08**
Amiee Finkbeiner (1)	03-04
Jennifer Flannigan (3)	**05-06, 06-07, 07-08**
Courtney Franssen (3)	01-02, 02-03, 03-04
Kelsey Frasier (1)	05-06
Rachel Freeman (3)	04-05, 05-06, 06-07
Kathy Gaitros (1)	96-97
Heather Gerstner (1)	05-06
Anne Hagerman (1)	01-02
Kylie Hanson (1)	**07-08**
Donna Harris (1)	98-99
Magda Hart-Schwartz (2)	**04-05, 06-07, 07-08**
Linzi Hauldren (2)	03-04, 04-05
Megan Hauver (3)	03-04, 04-05, 05-06
Amy Herrmann (1)	02-03
Ashley Herynk (1)	97-98
Michelle Higgins (1)	**07-08**
Heather Hoffman (3)	**05-06, 06-07, 07-08**
Lori Holcomb (2)	02-03, 03-04
Jamie Holt (3)	03-04, 04-05, 05-06
Kimble Hruby (1)	96-97
Rachel Jaeger (2)	96-97, 98-99
Alexis Johnson (2)	05-06, 06-07
Claire Johnson (2)	04-05, 05-06
Amanda Jones (1)	99-00
Darcie Kelley (2)	96-97, 97-98
Larissa Kesler (2)	04-05, 05-06
Amanda Kiefer (1)	98-99
Adrienne Kirkwood (2)	96-97, 97-98
Andria Knoffloch (1)	98-99
Michael Knoll (2)	**06-07, 07-08**
Ashley Krueger (2)	**06-07, 07-08**
Carissa Land (4)	99-00, 00-01, 01-02, 02-03
Hannah Langenwalter (2)	03-04, 05-06
Jessica Layden (1)	**07-08**
Victoria Lowden (1)	02-03
Josie McClellan (3)	99-00, 00-01, 01-02
Maureen McGrath (2)	99-00, 00-01
Heather Megnia (1)	99-00
Nancy Mitchell (1)	98-99
Kristen Monahan (1)	96-97
Jamie Morris (1)	98-99
Jill Murphy (3)	96-97, 97-98, 98-99
Angela Murray (1)	03-04
Veronica Noonan (2)	05-06, 06-07
Vandy Paul (2)	96-97, 97-98
Laura Pavlyak (1)	99-00
Maria Peterson (4)	96-97, 97-98, 98-99, 99-00
Kate Priest (1)	06-07
Jennifer Reuss (2)	05-06, 06-07
Whitney Revell (2)	**06-07, 07-08**
Bjai Rice (3)	**05-06, 06-07, 07-08**
Kristen Richman (2)	**06-07, 07-08**
Stephanie Riegle (1)	03-04
Grace Riekenberg (2)	03-04, 04-05
Rebecca Riemer (3)	96-97, 97-98, 98-99
Margaret Robertson (3)	99-00, 00-01, 01-02
Paula Schneider (1)	99-00
Lara Schrock (4)	00-01, 01-02, 02-03, 03-04
Danielle Scott (3)	04-05, 05-06, 06-07
Suzie Sher (1)	97-98
Brandy Sherwood (2)	01-02, 02-03
Lindsay Smith (3)	97-98, 98-99, 99-00
Marianne Smysor (1)	98-99
Morgan Steele (1)	04-05
Tricia (Troyer) Stockebrand (3)	96-97, 97-98, 98-99
Sara Swan (3)	96-97, 97-98, 98-99
Kristy Tencleve (2)	97-98, 98-99
Sarah Jo Trapp (1)	04-05
Susan Truax (1)	02-03
Stephanie Tweito (1)	97-98
Elise vander Putten (2)	05-06, 06-07
Nicole Vogt (1)	**07-08**
Amy Wagner (2)	04-05, 05-06
Talara Wait (1)	02-03
Stacey Waldman (1)	04-05
Elane Walker (2)	01-02, 03-04
Elizabeth Walter (1)	**07-08**
Kelli White (1)	00-01
Kaci Williams (3)	04-05, 05-06, 06-07
Katie Williams (1)	04-05
Glenna Yokum (2)	00-01, 01-02

Current Student-Athletes in BOLD

1974 women's four

yearly results

1996-97

Head of the Kaw (Kansas City, Mo.)

V8+	B-8th
	A-9th
N4+	3rd
N8+	5th

Head of the Iowa
Oct. 27 - Iowa City, Iowa

V8+	5th
N4+	12th
V4+	14th
N8+	A-3rd
	B-6th

vs. Creighton
Mar. 16 - Manhattan, Kan.

1N4+	1st
2N4+	1st
N8+	1st
V4+	A-1st
	B-3rd
V8+	1st

vs. Texas and Minnesota
Mar. 29 - Austin, Texas

N4+	2nd
1N8+	2nd
2N8+	2nd
1V4+	1st
2V4+	2nd
V8+	1st

vs. Kansas
Apr. 6 - Lawrence, Kan.

1N4+	2nd
2N4+	2nd
1N8+	1st
2N8+	2nd
1V4+	2nd
2V4+	2nd
V8+	1st

vs. Iowa and Kansas
Apr. 6 - Lawrence, Kan.

1N8+	2nd
2V4+	2nd
V4+	2nd
V8+	3rd

vs. Creighton and Nebraska
Apr. 21 - Omaha, Neb.

N4+	A-2nd
	B-3rd
N8+	1st

Midwestern Sprint Championships
Apr. 26-27 - Madison, Wis.

1N4+	4th
1N8+	7th
2N8+	5th
1V4+	7th

Central Region Championships
May 17 - Oak Ridge, Tenn.

1N8+	5th
2N8+	4th
1V4+	9th

1997-98

Head of the Des Moines
Sept. 29 - Des Moines, Iowa

N4+	1st
V4+	A-5th
	B-7th
	C-10th
V8+	A-4th
	B-6th

Head of the Charles
Oct. 20 - Boston, Mass.

V8+	31st

Sunflower Showdown
Nov. 8 - Manhattan, Kan.

1N8+	2nd
2N8+	2nd
3N8+	2nd
1V8+	1st
2V8+	1st
3V8+	1st

vs. Texas
Mar. 22 - Austin, Texas

1N8+	2nd
2N8+	2nd
1V4+	1st
2V4+	1st
V8+	1st
2V8+	1st

vs. Drake, Iowa and Kansas
Apr. 5 - Iowa City, Iowa

Morning Session

1N8+	2nd
V4+	2nd
1V8+	2nd
2V8+	2nd

Afternoon Session

1N8+	2nd
2N8+	3rd
V4+	1st
1V8+	1st
2V8+	1st

vs. Creighton, Kansas and Texas
Apr. 11 - Lawrence, Kan.

N4+	3rd
1N8+	1st
2N8+	3rd
V4+	1st
V8+	2nd
2V8+	1st

vs. Kansas (Kansas Cup)
Apr. 18 - Manhattan, Kan.

N4+	2nd
N8+	1st
2N8+	2nd
V4+	1st
2V4+	1st
V8+	1st
2V8+	A-1st
	B-2nd

Midwestern Sprint Championships
Apr. 25 - Madison, Wis.

V4+	1st
2V8+	5th
1V8+	7th
1N8+	7th

vs. Michigan State and Ohio State
May 5 - Ann Arbor, Mich.

vs. Ohio State

N8+	2nd
V8+	2nd
2V8+	2nd

vs. Michigan State

1N8+	1st
1V8+	2nd
2V4+	1st
2V8+	1st

Central Region Championships
May 16 - Oak Ridge, Tenn.

1N8+	4th
2N8+	5th
1V4+	3rd
1V8+	10th
2V8+	7th

IRA National Rowing Champs.
May 31 - Philadelphia, Pa.

V8+	Petite Final-1st

1998-99

Head of the Des Moines
Sept. 27 - Des Moines, Iowa

N4+	1st
N8+	1st
V4+	B-6th
	A-8th
	C-9th
V8+	A-2nd
	B-5th
	C-8th

Head of the Charles
Oct. 18 - Boston, Mass.

V8+	26th

Head of the Iowa
Oct. 25 - Iowa City, Iowa

N4+	B-7th
	A-8th
	B-7th
1N8+	A-4th
V4+	A-3rd
	B-6th
	C-13th
V8+	A-2nd
	B-5th
	C-11th

vs. Kansas (Sunflower Showdown)
Oct. 31 - Manhattan, Kan.

N4+	A-1st
	B-3rd
3V8+	2nd
1N8+	1st
2V8+	1st
2N8+	1st
V8+	2nd

Heart of Texas Regatta
Mar. 21 - Austin, Texas

V8+	1st
V4+	2nd
2V4+	2nd
2N8+	2nd
N8+	2nd

vs. Texas

2N8+	2nd
2V8+	1st
V8+	2nd
N8+	2nd

vs. Northwestern and Tulsa
Mar. 27 - Tulsa, Okla.

N4+	3rd
V8+	2nd
2V8+	B-1st
	A-2nd
N4+	A-1st

vs. Iowa
Apr. 3 - Manhattan, Kan.

2N8+	2nd
V4+	2nd
2V8+	2nd
V8+	2nd
N8+	1st

Cougar Invitational Regatta
Apr. 9-10 - Pullman, Wash.
April 9

N8+	2nd
V8+	2nd

April 10

N8+	2nd
2V8+	2nd
V8+	2nd

vs. Kansas (Kansas Cup)
Apr. 18 - Manhattan, Kan.

V4+	1st
N8+	2nd
2V8+	1st
2N8+	2nd
V8+	2nd

Midwestern Sprint Championships
May 2 - Madison, Wis.

N4+	2nd
N8+	6th

Central Region Championships
May 13-15 - Oak Ridge, Tenn.

N8+	4th
V4+	9th
1V8+	10th
2V8+	9th

1999-2000

Head of the Des Moines
Sept. 25 - Des Moines, Iowa

N4+	1st
V8+	A-2nd
	B-10th
V4+	B-4th
	A-6th
	D-8th
	C-14th

Head of the Charles
Oct. 23 - Boston, Mass.

V8+	28th

Head of the Iowa
Oct. 31 - Iowa City, Iowa

V8+	A-9th
	B-12th
V4+	C-7th
	B-9th
V2-	D-7th
	B-11th
	C-12th
	A-13th
N8+	A-6th
	B-15th
	C-16th
N4+	A-3rd
	B-12th

vs. Kansas (Sunflower Showdown)
Nov. 6 - Manhattan, Kan.

N4+	2nd
2V8+	3rd
2N8+	2nd
1N8+	1st
V4+	1st
3N8+	1st
1V8+	2nd

vs. Creighton
Mar. 12 - Manhattan, Kan.

N8+	1st
V8+	A-1st
	B-2nd
3N4+	2nd
N4+	1st
2N8+	1st

Heart of Texas Regatta
Mar. 19 - Austin, Texas

V8+	3rd
N8+	1st
N4+	3rd
2V8+	4th

vs. Tulsa
Mar. 26 - Tulsa, Okla.

V8+	1st
2V8+	A-1st
	B-3rd

vs. Tennessee
Apr. 1 - Iowa City, Iowa

N8+	1st
2V8+	1st
V8+	2nd

vs. Iowa
Apr. 1 - Iowa City, Iowa

N8+	1st
2V8+	2nd
V8+	2nd

vs. Stanford
Apr. 7-9 - Davis, Calif.

V8+	2nd
2V8+	1st

vs. Sacramento State
Apr. 7-9 - Davis, Calif.

V8+	2nd
2V8+	1st
N8+	1st

vs. UC Davis
Apr. 7-9 - Davis, Calif.

V8+	2nd
2V8+	2nd

vs. Kansas (Kansas Cup)
Apr. 15 - Lawrence, Kan.

N8+	2nd
2V8+	2nd
V8+	2nd
N4+	2nd
V4+	2nd

Midwestern Sprint Championships
Apr. 22-23 - Madison, Wis.

V8+	5th
2V8+	5th
N8+	3rd

Central Region Championships
May 13-15 - Oak Ridge, Tenn.

N8+	13th
2V8+	11th
V8+	11th

2000-01

Head of the Des Moines
Sept. 30 - Des Moines, Iowa

V2-	B-3rd
	C-4th
	E-5th
	D-8th
	A-11th
V4+	A-8th
	C-9th
	B-10th
N4+	1st
V8+	A-2nd
	B-7th

American Royal Fall Classic
Oct. 15 - Kansas City, Kan.

N4+	A-1st
	B-6th
	C-9th
N8+	A-1st
	B-2nd
	C-3rd
	D-7th
V8+	A-1st
	B-3rd

Head of the Charles
Oct. 21 - Boston, Mass.

V8+	17th

Head of the Iowa
Oct. 29 - Iowa City, Iowa

V4+	15th
N4+	A-3rd
	B-12th
	C-18th
N8+	A-4th
	B-15th
	C-20th
V8+	A-5th
	B-17th
LN8+	5th

vs. Kansas (Sunflower Showdown)
Nov. 4 - Lawrence, Kan.

N4+	3rd
2V8+	3rd
2N8+	1st
N8+	2nd
3N8+	B-2nd
	A-3rd
V4+	2nd
V8+	1st

Longhorn Invitational
Mar. 17-18 - Austin, Texas
vs. Texas

V8+	2nd
2V8+	2nd
N8+	2nd
2N8+	3rd
V4+	3rd

vs. Tulsa

V8+	2nd
2V8+	2nd
N8+	A-2nd
	B-3rd

vs. SMU

V4+	1st
V8+	1st
2V8+	1st
N8+	A-2nd
	B-3rd

Jayhawk Invitational
Mar. 31-Apr. 1 - Lawrence, Kan.

V8+	4th
2V8+	5th
N8+	3rd
2N8+	2nd

San Diego Crew Classic
Apr. 7-8 - San Diego, Calif.

V8+	4th
N8+	12th

Midwest Sprint Championships
Apr. 21 - Madison, Wis.

N4+	4th

SIRA Regatta
Apr. 21-22 - Oak Ridge, Tenn.

N8+	11th
2V8+	9th
V8+	3rd

Big 12 Invitational
Apr. 28 - Manhattan, Kan.

N4+	8th
LN4+	2nd
2N8+	4th
2V8+	4th
N8+	4th
V8+	3rd

Central Region Championships
May 12-13 - Oak Ridge, Tenn.

V8+	11th
2V8+	12th
N8+	14th
2N8+	3rd

2001-02

Head of the Des Moines
Sept. 29 - Des Moines, Iowa

V8+	A-2nd
	B-4th
N4+	A-1st
V2-	B-2nd
	A-7th
	D-8th
	C-10th
	E-14th

American Royal Fall Classic
Oct. 14 - Kansas City, Mo.

V8+	A-1st
	B-8th
V4+	A-5th
	B-12th
N8+	A-2nd
	C-7th
	D-6th
	B-10th

Head of the Charles
Oct. 20-21 - Boston, Mass.

C4+	13th
V8+	24th

Head of the Iowa
Oct. 28 - Iowa City, Iowa

V2+	C-4th
	A-8th
	G-9th
	E-12th
	B-13th
	D-14th
	F-16th
V4+	A-9th
	B-17th
N8+	A-5th
	B-18th
V8+	A-3rd
	B-13th

vs. Kansas (Sunflower Showdown)
Nov. 3 - Lawrence, Kan.

V8+	1st
2V8+	2nd
V4+	3rd
N8+	2nd
2N8+	1st
3N8+	A-1st
	B-3rd

vs. Creighton
Mar. 10 - Manhattan, Kan.

V8+	A-1st
	B-2nd
V4+	A-2nd
	B-3rd
N8+	A-1st
	B-2nd
N4+	A-1st
	B-3rd

Longhorn Invitational
Mar. 22-24 - Austin, Texas
vs. Texas

V8+	2nd
2V8+	2nd
N8+	2nd
2N8+	2nd
V4+	2nd

vs. SMU

V8+	1st
2V8+	1st
N8+	1st
1N4+	2nd
V4+	2nd

vs. Tulsa

V8+	1st
N8+	1st
2V8+	2nd
V4+	2nd

vs. Clemson

V8+	1st
2V8+	2nd
V4+	2nd
N8+	2nd
2N8+	2nd

Hawkeye Invitational
Mar. 30 - Iowa City, Iowa

V8+	2nd
2V8+	2nd
V4+	3rd
N8+	2nd
2N8+	2nd

yearly results

San Diego Crew Classic
Apr. 6-7 - San Diego, Calif.
V8+ 4th
2V8+ 10th

Northeastern Invitational
Apr. 20 - Boston, Mass.
V8+ 5th
2V8+ 3rd
V4+ 2nd

vs. Kansas (Kansas Cup)
Apr. 27 - Manhattan, Kan.
V8+ 1st
2V8+ 2nd
V4+ 3rd
N8+ A-2nd
B-3rd

Big 12 Invitational
May 4 - Austin, Texas
V8+ 2nd
2V8+ 3rd
V4+ 3rd
N8+ 3rd
2N8+ 2nd

Central Region Championships
May 18-19 - Oak Ridge, Tenn.
V8+ 11th
2V8+ 14th
V4+ 13th
N8+ 10th

2002-03

Head of the Des Moines
Sept. 28 - Des Moines, Iowa
V4+ B-16th
A-20th
V8+ A-3rd
B-5th
C-12th
V2- E-2nd
C-5th
B-8th
A-9th
G-10th
D-11th
F-13th
H-15th

Head of the Charles
Oct. 19-20 - Boston, Mass.
V4+ 30th
V8+ 24th

Head of the Iowa
Oct. 27 - Iowa City, Iowa
V8+ A-5th
B-10th
V4+ A-11th
B-18th
N8+ A-4th
B-13th
C-17th
V2- B-4th
A-7th
D-8th
E-10th
C-11th
F-14th

vs. Kansas (Sunflower Showdown)
Nov. 2 - Lawrence, Kan.
2N8+ A-1st
B-2nd
N8+ 1st
2V8+ 1st
V4+ A-1st
B-2nd
V8+ 1st

Longhorn Invitational
Mar. 21-23 - Austin, Texas
vs. Texas
V8+ 2nd
2V8+ 2nd
V4+ 2nd
1N8+ 2nd

vs. SMU
V8+ 1st
2V8+ 1st
V4+ 2nd
1N8+ 1st

vs. Tulsa
V8+ 1st
2V8+ 1st
1N8+ 1st

vs. Duke
V8+ 2nd
2V8+ 2nd
V4+ 2nd
1N8+ 2nd

vs. Iowa and Clemson
Mar. 29 - Manhattan, Kan.
V8+ 3rd
2V8+ 3rd
V4+ 3rd
1N8+ 3rd

San Diego Crew Classic
Apr. 5-6 - San Diego, Calif.
V8+ 12th
2V8+ 10th

at George Washington Invitational
Apr. 12 - Washington, D.C.
V8+ 4th
2V8+ 4th
V4+ 2nd

vs. Kansas (Kansas Cup)
Apr. 19 - Manhattan, Kan.
V8+ 1st
2V8+ 2nd
V4+ 2nd
N8+ 2nd
1N4+ 2nd

at Big 12 Invitational
May 3 - Lawrence, Kan.
V8+ 2nd
2V8+ 3rd
V4+ 2nd
1N8 3rd

Central Region Championships
May 17-18 - Oak Ridge, Tenn.
V8+ 13th
2V8+ 11th
V4+ 14th
2V4+ 8th

2003-04

Head of the Des Moines
Sept. 27 - Des Moines, Iowa
V8+ A-2nd
B-5th
V4+ B-3rd
A-4th
D-8th
C-12th

Head of the Iowa
Oct. 26 - Iowa City, Iowa
V8+ A-5th
B-11th
N8+ A-3rd
B-6th

vs. Kansas (Sunflower Showdown)
Nov. 8 - Manhattan, Kan.
1V8+ 1st
2V8+ 1st
1N8+ 1st
2N8+ A-1st
3N8+ A-1st
B-2nd

Longhorn Invitational
Mar. 20-21- Austin, Texas
vs. Duke
1V8+ 2nd
2V8+ 2nd
1N8+ 1st

vs. Iowa
1V8+ 2nd
2V8+ 2nd
1N8+ 1st
2N8+ 1st

vs. Texas
1V8+ 2nd
2V8+ 2nd
1N8+ 2nd
2N8+ 2nd

vs. SMU
1V8+ 1st

San Diego Crew Classic
Apr. 3-4 - San Diego, Calif.
1V8+ 10th
2V8+ 12th

vs. Kansas and Cincinnati (Kansas Cup)
Apr. 10 - Lawrence, Kan.
1V8+ 2nd
2V8+ 3rd
1N8+ 2nd
2N8+ 1st

Southern IRA's
April 17-18 - Oak Ridge, Tenn.
1V8+ 1st
2V8+ 2nd
1N8+ 4th
N4+ 1st

Central Region Championships
May 15-16 - Oak Ridge, Tenn.
1V8+ 10th
2V8+ 11th
1N8+ 5th

2004-05

Head of the Des Moines
Sept. 25 - Des Moines, Iowa
V8+ A-2nd
B-5th
V4+ A-1st
B-10th
C-11th
D-12th

Head of the Iowa
Oct. 31 - Iowa City, Iowa
V8+ A-4th
B-10th
N8+ A-9th
C-15th
B-17th

vs. Kansas (Sunflower Showdown)
Nov. 12 - Lawrence, Kan.
1V8+ 1st
2V8+ 2nd
1N8+ 2nd
2N8+ 1st
N4+ 1st

Longhorn Invitational
Mar. 18-20 - Austin, Texas
vs. Tulsa
1V8+ 1st
2V8+ 1st
1N8+ 2nd

vs. Texas
2N8+ 1st

vs. Texas
1V8+ 2nd
2V8+ 2nd
1N8+ 2nd
2N8+ 2nd

vs. SMU
1V8+ 1st
1N8+ 1st

vs. Duke
1V8+ 2nd
2V8+ 2nd
1N8+ 1st
2N8+ 1st

vs. Creighton
Mar. 26 - Manhattan, Kan.
1V8+ 1st
2V8+ 1st
1N8+ 2nd
2N8+ T-1st

San Diego Crew Classic
Apr. 2-3 - San Diego, Calif.
1V8+ 6th
2V8+ 12th

vs. Kansas (Kansas Cup)
Apr. 9 - Manhattan, Kan.
1V8+ 2nd
2V8+ 1st
1N8+ 1st
2N8+ 1st

Southern IRA's
April 16-17 - Oak Ridge, Tenn.
1V8+ 5th
2V8+ 3rd
1N8+ 10th
N4+ 5th

Big 12 Invitational
April 30 - Austin, Texas
1V8+ 3rd
2V8+ 3rd
1V4+ 3rd
1N8+ 2nd

Central Region Championships
May 14-15 - Oak Ridge, Tenn.
1V8+ 11th
2V8+ 8th
1V4+ 11th
1N8+ 11th

2005-06

Head of the Oklahoma
Oct. 1-2 - Oklahoma City, Okla.
500m Sprints
V8+ A-1st
C-3rd
4,000m
V8+ A-4th
B-16th
C-6th
V4+ A-7th
B-10th
C-19th
N8+ 1st

Head of the Iowa
Oct. 30 - Iowa City, Iowa
V8+ A-9th
B-13th
N8+ A-1st
B-16th

vs. Kansas (Sunflower Showdown)
Nov. 12 - Manhattan, Kan.
1V8+ 2nd
2V8+ 1st
1N8+ 1st
2N8+ 2nd
N4+ 2nd

Longhorn Invitational
Mar. 17-19 - Austin, Texas
vs. Duke
1V8+ 2nd
2V8+ 1st
1N8+ 1st

vs. No. 8 Wisconsin
1V8+ 2nd
2V8+ 2nd
N4+ 1st

vs. Miami (Fla.)
1V8+ 2nd
2V8+ 2nd
1N8+ 1st
N4+ 1st

vs. Iowa
1V8+ 2nd
2V8+ 2nd
1N8+ 1st
N4+ 1st

San Diego Crew Classic
Apr. 1-2 - San Diego, Calif.
1V8+ 2nd
2V8+ 11th
1N8+ 5th

vs. Kansas (Kansas Cup)
Apr. 8 - Lawrence, Kan.
1V8+ 2nd
2V8+ 1st
1V4+ 1st
1N8+ 1st

Southern IRA's
April 14-15 - Oak Ridge, Tenn.
1V8+ 4th
2V8+ 2nd
1V4+ 2nd
1N8+ 1st

Big 12 Invitational
April 30 - Kansas City, Kan.
1V8+ 3rd
2V8+ 2nd
1V4+ 2nd
1N8+ 1st

Central Region Championships
May 13-14 - Oak Ridge, Tenn.
V8+ 9th
2V8+ 7th
V4+ 7th
N8+ 7th

2006-07

Head of the Oklahoma
Sept. 30-Oct. 1 - Oklahoma City, Okla.
500m Sprints
V8+ A-4th (Heat-1)
C-3rd (Heat-2)
4,000m
V8+ A-7th
B-10th
C-13th
V4+ A-7th
B-9th
C-20th
D-22nd
N8+ 1st

Head of the Iowa
Oct. 29 - Iowa City, Iowa
V8+ A-10th
B-13th
N8+ A-1st
B-12th
C-27th

vs. Kansas (Sunflower Showdown)
Nov. 11 - Manhattan, Kan.
1V8+ 2nd
2V8+ 2nd
1N8+ 1st
2N8+ 1st
3N8+ 2nd
V4+ 1st

Longhorn Invitational
Mar. 16-18 - Austin, Texas
vs. Duke
1V8+ 2nd
2V8+ 2nd
1N8+ 1st

vs. UCF
1V8+ 2nd
2V8+ 2nd
1N8+ 1st

vs. Miam (Fla.)
1V8+ 2nd
2V8+ 2nd
1N8+ 1st

vs. Iowa
1V8+ 2nd
2V8+ 2nd
1N8+ 1st
2N8+ 2nd

San Diego Crew Classic
Mar. 31-Apr. 1 - San Diego, Calif.
1V8+ 5th
2V8+ 10th
1N8+ 5th

vs. Kansas (Kansas Cup)
Apr. 7 - Lawrence, Kan.
1V8+ 2nd
2V8+ 1st
1V4+ 2nd
1N8+ 1st
N4+ 2nd

Southern IRA's
April 21-22 - Oak Ridge, Tenn.
1V8+ 3rd
2V8+ 3rd
V4+ 16th
N8+ 1st
N4+ 1st

Big 12 Invitational
April 29 - Kansas City, Kan.
1V8+ 3rd
2V8+ 2nd
1V4+ 3rd
1N8+ 2nd

Central Region Championships
May 12-13 - Oak Ridge, Tenn.
1V8+ 12th
2V8+ 9th
N8+ 1st

2007-08

Head of the Des Moines
Sept. 29 - Des Moines, Iowa
V8+ A-1st
B-4th
V4+ A-2nd
C-4th
B-5th
N8+ 1st
N4+ 1st

vs. Kansas (Sunflower Showdown)
Nov. 10 - Manhattan, Kan.
1V8+ 1st
2V8+ 1st
1N8+ 2nd
2N8+ 2nd
3N8+ 2nd
V4+ 1st

Longhorn Invitational
Mar. 21-23 - Austin, Texas
vs. Wisconsin
1V8+ 2nd
2V8+ 2nd
1N8+ 2nd

vs. Wisconsin and Duke
1V8+ 2nd

vs. UCF
1V8+ 2nd
2V8+ 2nd
1N8+ 2nd

vs. Iowa
2N8+ 2nd

vs. Iowa
1V8+ 2nd
2V8+ 2nd
1N8+ 2nd
2N8+ 2nd

San Diego Crew Classic
Apr. 5 - San Diego, Calif.
1V8+ 6th
2V8+ 8th

vs. Kansas (Kansas Cup)
Apr. 12 - Kansas City, Kan.
1V8+ 1st
2V8+ 1st
1N4+ 2nd
2N8+ 2nd

Southern IRA's
April 20-21 - Oak Ridge, Tenn.
1V8+ 3rd
2V8+ 1st
N8+ 5th
N4+ 12th

Big 12 Invitational
May 3 - Austin, Texas
1V8+ 2nd
2V8+ 2nd
1N8+ 3rd

Central Region Championships
May 17-18 - Oak Ridge, Tenn.
1V8+ 10th
2V8+ 8th
N8+ 8th

breidenthal teamhouse

team lounge

lockerroom

training room

K-State rowers train in top-notch facilities

Sitting above Elk's Cove, on the Tuttle Creek Reservoir, the existing boathouse was erected in 1968. The 80' x 60' boathouse has two concrete bays lined with racks for the various shells used for training and racing. The boathouse has space for over 20 eights and fours, as well as additional space for several smaller boats. The facility is located less than ten minutes from K-State's campus.

Although the K-State Women's Rowing team has ample facilities for the fleet, the boathouse was not ideal for the student-athletes themselves. So, through The Boathouse Campaign, including a generous lead gift from George Breidenthal, in honor of whom the new Teamhouse is named, the program raised the funds for a new $1.3 million team facility. Groundbreaking for the building occurred in Spring 2003 and the Teamhouse opened in Fall 2005. The building includes a team locker room, shower and bathroom facilities, a large team meeting area, an on-site training room, coaching offices and a "Catbacker" food and beverage area for home events and other festivities. Combined with the existing boathouse, our facilities total more than 10,000 square feet of space dedicated to K-State Women's Rowing.

teamhouse details:

- Team locker rooms.
- Over 10,000 square feet of space.
- On-site training room.
- Administrative suites for staff.
- Large common assembly area.
- Event viewing terrace.
- On-site hosting kitchen.
- Located five minutes from campus.

boathouse

vanier academic learning center

Named for donors Jack and Mary Vanier, the Vanier Complex not only is the home to the nationally-prominent Kansas State football team, but also houses one of the top academic facilities.

Among the features of the academic learning center are:

- 50+ tutors provide various levels of support.
- A computer lab with 24 computers is staffed with specialists.
- The staff assesses the academic level of new student-athletes to aid in the advising process.
- Athletes have the distinct privilege of enrolling early to insure the availability of classes.

bud and marti newell strength complex

The Bud and Marti Newell Strength and Conditioning Complex, which is located in the Vanier Sports Complex, is a newly-renovated 13,000 square foot weight facility that includes more than $100,000 worth of essential weight training equipment. The complex also contained a new improved athletic training facility complete with hydrotherapy center.

Under the guidance and supervision of head strength coach **Mike Kent**, and a nationally certified strength and conditioning staff, each and every athlete is trained to reach peak physical performance. The state-of-the-art training facility is an integral part of K-State's rowing success.

rowing facilities

▼ rowing ergometer center

The K-State Rowing Ergometer Center is 1,300-square feet and holds 40 ergs for Wildcat training. The erg facility is equipped with wall-to-wall and rolling mirrors as well as video equipment to aid in the technical development of the team.

Other land training equipment can also be accessed at this facility. The erg center is located on campus, in Ahearn Field House, allowing land training to be a convenient part of each student-athlete's daily schedule.

▲ ahearn field house

Legendary Ahearn Field House, which housed Kansas State's successful basketball programs for nearly 40 years, is now home to several Wildcat athletic offices, including the women's rowing offices. The venue also houses the program's ergometer center as well as the university's natatorium, indoor track, three tennis courts and K-State's nationally-prominent women's volleyball team home court.

anderson hall

kansas state university

ksu gardens

alumni center

chalmers hall

It's a vibrant time at Kansas State

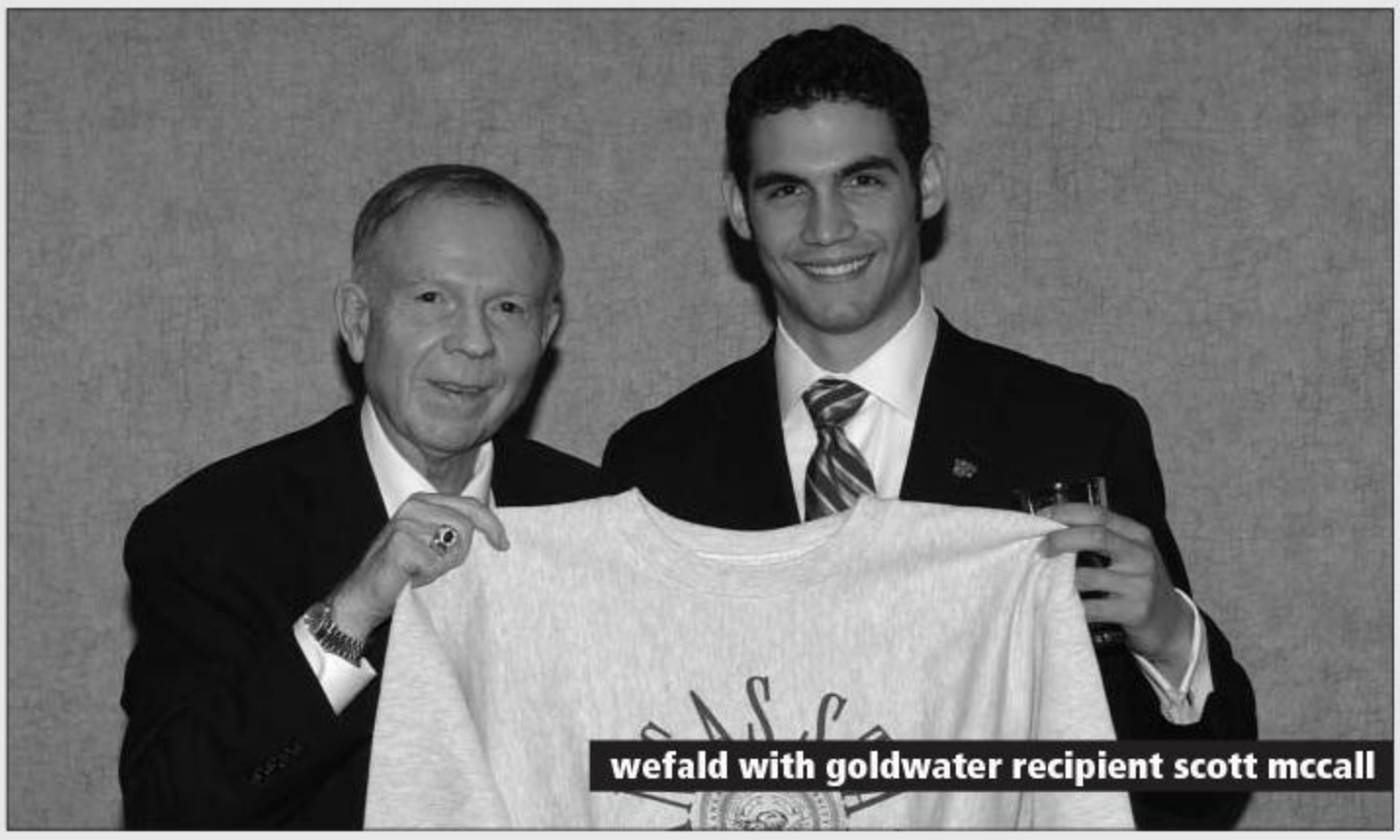
The most easily recognizable part of this new period of growth and improvement comes in the form of enrollment figures. More than 23,000 students enrolled at Kansas State during the fall 2007 academic year. That's a stunning accomplishment for President Jon Wefald and his staff, who have spearheaded a huge enrollment increase since their arrival in 1986.

Since Dr. Wefald's arrival, enrollment has increased from roughly 16,000 to more than 23,000. K-State has also built a healthy endowment program and established a national presence in athletics. With Wefald at the helm, K-State's total research funding has increased to record numbers. The university returns $17 for every $1 of state funding it receives.

In addition, K-State has added over 2.0 million square feet of new university buildings, including a new library, a new art museum and a nationally acclaimed plant science building. Construction is also nearly complete on K-State's $53.4 million Biosecurity Research Institute, which will make the University a national leader in the fight against bio terrorism.

Academic achievement at the institution is drawing national acclaim as well. K-State leads the nation's public universities in the total number of Rhodes, Marshall, Truman, Goldwater and Udall scholarship winners. Students have won more Truman scholarships, more Goldwater scholarships and more Phi Kappa Phi Fellowships than any other public university in the nation.

K-State students have an outstanding record of acceptance into professional schools. In the last three years, 94 percent of pre-nursing students, 70 percent of pre-dentistry students, and 76 percent of pre-physical therapy students were accepted. Over the last 10 years, nearly 70 percent of pre-med students have been accepted, while the past five years, 80 percent of pre-law students were accepted.


wefald with goldwater recipient scott mccall

"The Kansas State University administration and the Wildcat athletics department work together as a team to provide the student body, fans and alumni with the highest quality educational and athletics experience possible.

"Just as K-State is the No. 1 public university in producing Rhodes, Marshall, Truman and Goldwater scholarship winners in the past decade, we know that under the guidance of head coach Patrick Sweeney our women's rowing team will become one of the nation's top programs.

"All of us at K-State are proud of the excellence provided both in the classroom and on the playing field by the students and student-athletes at K-State."

dr. jon wefald
Kansas State University President

hale library

beach museum

student union

kansas state university

history and location

Kansas State University was founded Feb. 16, 1863, under provisions of the Morrill Act which established land grant colleges. It was initially located on the grounds of the old Bluemont Central College, which was chartered in 1858.

The 668-acre main campus is in northern Manhattan (population 50,000) and is convenient to both business and residential districts. It is located 125 miles west of Kansas City in the rolling Flint Hills of northeast Kansas.

Under an enactment of the 1991 Kansas Legislature, the Salina campus was established through a merger of the former Kansas College of Technology with the university.

Additional university sites include 18,000 acres in the four branch locations of the Agricultural Experiment Station at Hays, Garden City, Colby and Parsons, and 8,600 acres in the Konza Prairie Research Natural Area jointly operated by the AES and the Division of Biology.

K-State accomplishments have far-reaching effects. Most NASA space shuttle flights carry K-State experiments aboard. Astronaut space gloves and the water-purifying system used on the NASA space shuttles were developed here. K-State is at the forefront of a national atomic physics research program that could mean nuclear power without nuclear waste.

The university hosts the prestigious Landon Lectures on Public Issues, honoring the late Kansas statesman Alfred M. Landon. Since 1966 the series has featured more than 120 nationally prominent speakers. Past speakers include Presidents **Jimmy Carter**, **Gerald Ford**, **Richard Nixon**, **Ronald Reagan**, **George W. Bush**, and, most recently, **Bill Clinton**.

One of six universities governed by the Kansas Board of Regents, Kansas State University continues to fulfill its historic educational mission in teaching, research and public service.

mission statement

Kansas State University is a comprehensive, research, land-grant institution first serving students and the people of Kansas, and also the nation and the world.

Since its founding in 1863, the University has evolved into a modern institution of higher education, committed to quality programs, and responsive to a rapidly changing world and the aspirations of an increasingly diverse society. Together with other major comprehensive universities, K-State shares responsibilities for developing human potential, expanding knowledge, enriching cultural expression, and extending its expertise to individuals, business, education, and government. These responsibilities are addressed through an array of undergraduate and graduate degree programs, research and creative activities, and outreach and public service programs. In addition, its land-grant mandate, based on federal and state legislation, establishes a focus to its instructional, research, and extension activities which is unique among the Regents' institutions.

Through quality teaching, the University is committed to provide all students with opportunities to develop the knowledge, understanding, and skills characteristic of an educated person. It is also pledged to prepare students for successful employment or advanced studies through a variety of disciplinary and professional degree programs. To meet these intentions, the institution dedicates itself to providing academic and extracurricular learning experiences which promote and value both excellence and cultural diversity. KSU prepares its students to be informed, productive, and responsible citizens who participate actively in advancing cultural, educational, economic, scientific, and socio-political undertakings.

Research and other creative endeavors comprise an essential component of Kansas State's mission. All faculty members contribute to the discovery and dissemination of new knowledge.

academic recognition

- K-State has been named among the best values in U.S. colleges and universities by two recent guides, the *Princeton Review* and the *Kiplinger 100*. Both lists focus on academic and financial value. The *Kiplinger 100* "Best Values in Public Colleges" lists the schools offering "top-notch academics at affordable prices." Its rankings focus on traditional four-year schools with broad-based curriculums and are based on data provided by more than 500 public four-year colleges and universities. The *Princeton Review's* "2007 America's Best Value Colleges" guide includes 150 colleges and universities, both public and private.
- K-State is one of the "25 cutting-edge schools in the nation," according to 2008 edition of Kaplan Publishing's guide, "You Are Here: A Guide to Over 380 Colleges & Unlimited Paths to Your Future." K-State was selected as a cutting-edge school because it offers programs in many of the "50 hottest career choices," as identified by the guide through surveys conducted with prospective undergraduates across the country. K-State was the only school in Kansas and the only school from the Big 12 identified as a cutting-edge school in the guide.
- K-State is among the top 94 of all public and private colleges and universities in the nation. According to the classification of universities and colleges by the Carnegie Foundation for the Advancement of Teaching, K-State now ranks in the top tier in the category "research universities." The classification means K-State is now among the top 4 percent of institutions of higher education in the United States.
- K-State is in the top four percent of schools in the nation for research activity. According to the latest rankings of America's colleges and universities by the Carnegie Foundation for the Advancement of Teaching, K-State now ranks in the top tier of the three subcategories for the institutions in the study.

colleges of kansas state

Kansas State has nine colleges offering bachelor's degrees in more than 100 fields, 60 master's degree programs and 42 doctoral degree programs.

college of agriculture

Dean: Fred A. Cholick - 785.532.6147; **Email:** fcholick@k-state.edu

- Seven of the college's faculty have been recognized as the top teachers in the region and nation through the U.S.D.A. Food and Agricultural Sciences Excellence in College and University Teaching Awards Program. No other university has had more than five of their faculty recognized through this prestigious teacher recognition program.
- Offers the only bachelor's programs in bakery, feed, and milling science and management in the world.
- One-of-a-kind national programs include horticultural therapy; international meat and livestock, international grains; golf course management; and a master's in agribusiness.
- **Majors:** Agriculture; General Agribusiness; Agricultural economics; Agricultural education; Agricultural communication and journalism; Agricultural technology management; Agronomy; Animal sciences and industry; Bakery science and industry; Feed science and management; Food science and industry; Grain science and industry; Horticulture; Milling science and management; Park management and conservation; Pre-veterinary medicine.

college of architecture, planning and design

Dean: Dennis Law - 785.532.5950; **Email:** dela@k-state.edu

- Accredited 5-year master's degree in architecture, interior architecture and product design, landscape architecture, and regional and community planning. This combination of disciplines makes this college one of the most comprehensive design schools in the nation.
- The College's graduates are partners and principals in hundreds of firms worldwide.
- The architecture program was ranked No. 8 in a national survey of over 150 leading U.S. architecture firms in January 2008. It marked the seventh time that the school has been ranked among the nation's top 10.
- The interior architecture and interior design programs were both ranked No. 4 in a 2008 national survey of over 1,000 leading U.S. firms. Both programs have been in the top 10 during all nine years in which the study has been conducted.
- The landscape architecture program was ranked No. 1 in the 2008 national survey.
- **Majors:** Architecture; Interior architecture and product design; Landscape architecture; Regional and community planning.

college of arts and sciences

Dean: Stephen White - 785.532.6900; **Email:** sewhite@k-state.edu

- Largest of the colleges with approximately 7,000 students. It also offers approximately 85 percent of all freshman courses and 65 percent of all credits taught.
- Every student will take classes from the College of Arts and Sciences.
- Has produced seven Rhodes Scholars in the past 17 years.
- **Majors:** Anthropology, Art, Biochemistry, Biology, Chemistry - Chemical Science, Clinical Laboratory Science, Economics, English - Creative Writing, Literature, and Literature with Teaching Certificate, Fisheries, Wildlife & Conservation Biology - BioDiversity & Conservation, Fisheries Ecology & Management, and Wildlife Ecology & Management, Geography, Geology, History, Humanities, Kinesiology - Nutrition & Exercise Science and Health Fitness Instructor, Life Sciences, Journalism and Mass Communications, Mathematics, Microbiology, Modern Languages - French, German, Russian, and Spanish, Music Education, Music, Applied Music, Philosophy, Physical Science, Physics, Political Science, Psychology, Social Science, Social Work, Sociology - Criminology, Speech Communications, Statistics, Theatre - Dance, and Women Studies. Pre-Professional Programs: Pre-Law, Pre-Chiropractic Medicine, Pre-Health Information Management, Pre-Occupational Therapy, Pre-Pharmacy, Pre-Physical Therapy, Pre-Medince, Pre-Dentistry - Pre-Dental Hygiene, Pre-Optometry, Pre-Nursing, Pre-Physician Assistant, Pre-Veterinary Medicine.

college of business administration

Dean: Yar Ebadi - 785.532.7227; **Email:** yebadi@k-state.edu

- All academic programs are fully accredited at both the graduate and undergraduate level by AACSB International – The Association to Advance Collegiate Schools of Business – which provides global leadership in advancing management education.
- **Majors:** Accounting, Business Administration, Finance, Management, Marketing, Management Information Systems (MIS).

college of education

Dean: Michael Holen - 785.532.5525; **Email:** mholen@k-state.edu

- Largest undergraduate major (Elementary Education), largest undergraduate minor (Leadership Studies), and largest graduate program (English as a Second Language) in the university.
- Nationally recognized for outstanding partnerships with public school districts.
- Comprehensive educational emphases, with 36 undergraduate certification areas, and 6 masters and 9 doctoral degree programs. Programs accredited by the Kansas State Department of Education (KSDE) and the National Council for Accreditation of Teacher Education (NCATE).
- Professional Development School (PDS) model is the signature program for the preparation of entry-level teachers at K-State.
- Faculty write books, give invited presentations and direct many education reform projects including an $8.7 million Teacher Quality Grant funded by the U.S Department of Education.
- Recipients of major nationally competitive grants to reform schooling, improve the preparation and professional development of teachers, use modern technologies to improve student learning, and promote equitable educational opportunity for all children.
- **Majors:** Adult and continuing education, Educational administration and leadership, Elementary education, Secondary education, Special education, Counseling and student development.

college of engineering

Dean: John R. English - 785.532.5590; **Email:** jenglish@k-state.edu

- Largest and most comprehensive engineering program in the region.
- Home to the Institute for Environmental Research, the first of its kind in the world on a college campus.
- Civil Infrastructures Systems Laboratory houses one of six accelerated testing facilities in the nation, capable of testing large-scale pavement, structural, and bridge elements.
- Home to the second largest architectural engineering program in the nation and has been selected by the journal, Consulting & Specifying Engineer, as the preferred source for entry-consulting engineers.
- Cited twice by the National Society of Professional Engineers for its outstanding professional programs, one of just 10 colleges in the nation so honored.
- Department of mechanical and nuclear engineering operates the only university research nuclear reactor in an 11-state contiguous region of the Plains states.
- K-Staters have designed wheelchair transportation systems for ambulances, a space glove for astronauts (won national competition sponsored by NASA) and have helped industries redesign computer networks.
- One of 17 universities selected by NASA to design environmental controls for sustained life on Space Station Freedom.
- **Majors:** Architectural engineering; Biological and agricultural engineering; Chemical engineering; Civil engineering; Computer engineering; Construction science and management; Electrical engineering; Industrial engineering; Information systems; Mechanical engineering.

college of human ecology

Dean: Virginia Moxley - 785.532.5500; **Email:** moxley@k-state.edu

- The college focuses on teaching, research and outreach that support the quality of human life.
- The largest nutrition and exercise sciences undergraduate program in the nation.
- An interior design program that is consistently ranked among the top four in the country.
- A communication sciences and disorders program that is ranked 11th of 166 masters-only program by *U.S. News and World Report* in 2006.
- A distance dietetics program with students in 30 states and six other countries.
- **Majors:** Apparel and textiles; Athletic training; Communication sciences and disorders; Dietetics; Early childhood education; Family studies and human services (Family life and community services, Lifespan human development, Personal financial planning); Hotel and restaurant management; Human ecology; Interior design; Nutrition and exercise sciences; Nutritional sciences; Public health nutrition.

college of technology and aviation

Dean: Dennis Kuhlman - 785.826.2601; **Email:** dkuhlman@k-state.edu

- K-State at Salina, Home of the College of Technology and Aviation, became a member of the K-State family in 1991 following a merger with the former Kansas College of Technology. The citizens have invested over $5 million in the campus and enrollment has grown over 84 percent.
- The school has added over $10 million in new aircraft and equipment and over $2.6 million in endowed KSU Foundation funds.
- **Majors:** Applied business; Applied Technologies; Aviation maintenance; Construction engineering technology; Computer systems technology; Electronic and computer engineering technology; Mechanical engineering technology; Professional pilot; Technology management; Web development technology.

college of veterinary medicine

Dean: Ralph Richardson - 785.532.5660; **Email:** vetdean@k-state.edu

- One of the nation's leading veterinary colleges with a continual commitment to good teaching since 1905.
- Opportunities are provided to work with house pets, livestock and exotic animals.
- Some research specialties include equine exercise physiology, genetic disease in animals, respiratory physiology, stress and immunity defense mechanisms and animal sports medicine.
- Professional students earn their Doctor of Veterinary Medicine degrees while completing the four-year curriculum.

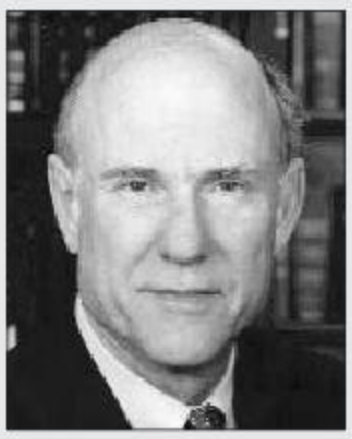
jardine complex

distinguished alumni

craig bolerjack
B.S. Journalism '77
"The NFL on CBS" Announcer

sam brownback
B.S. Economics '79
U.S. Senator

richard myers
B.S. Engineering '65
Fmr. Chrm of Joint Chiefs of Staff



pat roberts
B.S. Journalism '58
U.S. Senator

warren staley
B.S. Engineering '65
President of Cargill, Inc.

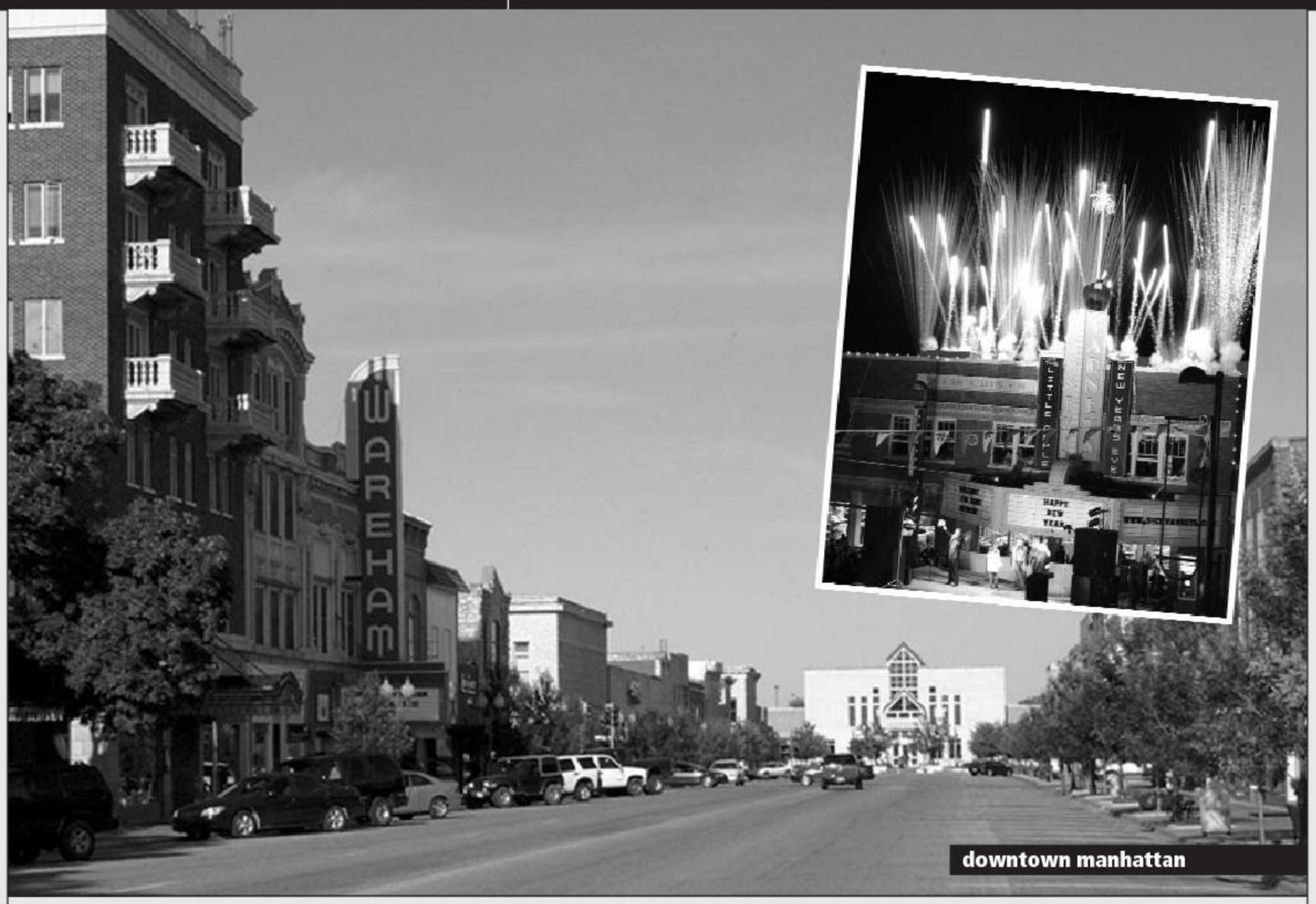
Kirstie Alley, Actress of "Cheers", "Veronica's Closet", "Fat Actress" fame
Thane Baker, Olympic gold medalist in track and field
John Bilbrey, President of Hershey North America
Rolando Blackman, Former NBA All-Star and current Dallas Mavericks director of basketball development
Joseph Boakai, Vice President of Liberia
Craig Bolerjack, Play-by-Play Announcer, "The NFL on CBS" and "Voice of the Utah Jazz"
Erin Brockovich, enviromental activist, the movie, *Erin Brockovich*, is patterned after her life
Sam Brownback, Current U.S. Senator from Kansas and former Republican candidate for the 2008 U.S. Presidency
Susan Buchanan, Co-founder of Aurum Software
Bill Buzenberg, Executive Director of the Center for Public Integrity
John Carlin, Former Governor of Kansas and Archivist of the United States
Jim Colbert, Recently-retired Professional golfer, leading money winner on the 1995 and 1996 Senior Tour
Del Close, Premier influence on modern improvisational theater
Hashim Dabbas, Energy Minister of Jordan
Herbert Dimond, inventor of the snooze alarm clock
DeLoss Dodds, Athletics Director at the University of Texas
Paul C. Fisher, President of Fisher Pen Company (invented space pen)
Marlin Fitzwater, Press Secretary for both Presidents Ronald Reagan and George H.W. Bush
Margaret Grosh, Senior economist at The World Bank
Mike Hayden, Former Kansas Governor
Kenny Harrison, Olympic gold medalist triple jumper
Kirby Hocutt, Athletics Director at University of Miami (Fla.)
John Hofmeister, President and CEO, Shell Oil
Velina Houston, Award-winning playwright and screenwriter for PBS and 20th Century Fox
Carl Ice, Chief Operating Officer, Burlington Northern Santa Fe Railway
Ed King, Retired chairman of the board, King Radio Corp.
Scott Kraft, National Editor, *Los Angeles Times*
Jim Latham, Former commander U.S. Air Force Thunderbirds
Lynn Markel, Vice-president and CFO for Koch Industries, Inc.
Virgil Miller, Film special effects pioneer; Academy Award nominee
Richard Myers, Former Chairman of the U.S. Joint Chiefs of Staff
Bud Newell, inventor of Med Bed Medical Rescue Unit, used in the movie *Any Given Sunday*
Nicole Ohlde, Professional Basketball Player for the Minnesota Lynx, the sixth-overall pick in the 2004 WNBA Draft.
Richard Pearson, Former President and COO of TWA and former senior vice president of American Airlines.
George Peterson, Chancellor of the University of Colorado
Bill Porter, Founder and chairman emeritus of E-Trade
Donald G. Prigmore, President of GTE-Sprint
Samuel Ramey, Basso cantante with New York City Opera
Constance Ramos, Architect on the ABC Television show, "Extreme Makeover: Home Edition"
John Rhodes, Retired Minority Leader of the U.S. House of Representatives
Pat Roberts, Current U.S. Senator from Kansas
Bernard Rogers, Former NATO Supreme Allied Commander
Jeff Schemmel, Athletics Director at San Diego State University
Neera Singh, Pioneer in the development of celluar technology
John Slaughter, Former president of Occidental College and former head of the National Science Foundation
Austra Skujyte, 2004 Olympic silver medalist in the heptathlon and two-time NCAA champion
Pete Souza, White House photographer
Warren Staley, President and CEO of Cargill Inc., the largest privately-owned corporation in the U.S.
Jay Ungar, Grammy Award-winning composer and performer
Jerry Wexler, influential producer at Atlantic Records inducted into the Rock and Roll Hall of Fame in 1987

▲ kristie alley
Three-time Emmy-Award and Golden Globe winner

◄ erin brockovich
Environmental activist; inspired the movie, Erin Brockovich, about her life

▲ nicole ohlde
Plays professionally for the WNBA's Minnesota Lynx

◄ constance ramos
Host, HGTV's new series, Color Correction!


downtown manhattan

manhattan, kansas

tuttle creek

country stampede

konza prairie

Welcome to the Little Apple!

Located in the rolling hills of Kansas and edging the Kansas River, Manhattan is home to exhilarating Big 12 sports, excellent restaurants, extraordinary outdoor recreation, exciting history and exceptional shopping. With an inspiring view of the prairie, Manhattan's natural landscape introduces the visitor to the magnificence of the Flint Hills, so named for their numerous bands of limestone and flint. The city was founded in the first days of Kansas settlement and currently has a population of 50,000 in the city and 100,000 in the immediate region. It is a modern, progressive city that is home to not only one of the nation's top universities, but also the Fort Riley Military post and several successful corporate citizens.

A student-athlete's life involves more than academics and athletics. Like most college students, student-athletes need to relax and have a good time, and Manhattan is the place to do just that. The city reflects the joys and opportunities of big-city living while retaining a friendly, open atmosphere. The town has many appealing places to shop, eat and socialize. An award-winning shopping mall is located in the heart of the downtown region, and Aggieville – a district of shops and restaurants just beyond the southern border of the campus – continues to be particularly popular with students. There are several beautiful parks and walkways throughout the city, while picturesque Tuttle Creek Reservoir, the state's second-largest body of water, sits just five miles from campus for seasonal swimming, water skiing and boating. The lake area offers 12,000 acres of water with 100 miles of irregular, wooded shoreline. Additionally, the 12,528-seat Bramlage Coliseum have become a favorite stop for major concerts throughout the year.

Today, Manhattan residents take pride in the local history. The community is especially proud of its nickname, "The Little Apple"- symbolic of a polished, wholesome Midwestern Manhattan, founded by pioneers who foresaw great things for this part of the U.S.

traditions

nickname

Through its first 19 seasons of athletic competition, Kansas State had used "Aggies" as its nickname. But prior to the 1915 season, new coach **John "Chief" Bender** gave his squad the nickname "Wildcats." The moniker lasted the one season Bender coached at K-State. Under Coach **Z.G. Clevenger** in 1917, the school team became known as the "Farmers." In 1920 new coach, **Charles Bachman**, took over the program, renaming the team "Wildcats." This time, the nickname stuck.

willie wildcat

Willie, a student bedecked in a oversized Wildcat head, is Kansas State's No. 1 fan. Willie Wildcats are selected yearly by a panel appointed by the cheerleading coach. The mascot is a central part of athletic contests, but also attends functions around the state as an ambassador. Traditionally, the identity of the student portraying Willie is kept secret.

touchdown i-xi

In 1922, Hall-of-Famer **Charles Bachman** asked alumni to consider donating an actual Wildcat to the school to serve as a mascot. KSAC alumni **Herbert R. Groome** and **John E. McCoy**, both veterinarians in Twin Falls, Idaho, donated "Touchdown I" to the school shortly after the animal was nursed back to health under their care. (He had an encounter with a porcupine, and his face and throat were punctured by numerous quills. Unfortunately, Touchdown I never fully recovered from its fight, dying of pneumonia shortly after arriving in Manhattan.)

Although the bobcats have served as K-State's wildcat mascot since 1922, the animals no longer attend K-State games. Touchdown XI, the 11th in the line, was kept at Manhattan's Sunset Zoo.

k-state colors

The school color Royal Purple was adopted in the fall of 1896 by a committee of "**Miss Minnie L. Copeland, Jr.** and **Miss Winnifred Houghton** and **Miss Ina E. Holyrod**, of the senior class, and perhaps one or more others." Although K-State's only official color is purple, white has been used as a complimentary color for many years. Silver is also a common second or third color.

Former basketball coach **Cotton Fitzsimmons** incorprated gold during his two-year stint (1968-70), but gold or yellow has not been used since that time. The term "Purple Pride," which is used in association with K-State athletics, was given rise during the tenure of football coach **Vince Gibson** (1967-74).

powercat logo

One of the most recognizable athletic logos in the nation is the K-State Powercat. The logo was introduced by head football coach **Bill Snyder** shortly after his arrival in Manhattan as the attitude of the entire athletics department as well as the university was changing.

Manhattan native **Tom Bookwalter**, in cooperation with **Bill Snyder**, created the powerful logo that is a prominent feature on the football helmet, at Wagner Field, on the back of the Dev Nelson Pressbox, clothing, flags, bottled water, vanity plates for cars and just about anywhere in Manhattan.

Previous logos used by the athletics department included a line drawing of a wildcat head and the cartoonish "Willie the Wildcat" that is used only by the Alumni Association.

school songs

The Alma Mater was selected as a result of a 1903 campus contest. **H.W. Jones** ('88) was responsible for K-State's prized result. Jones' original work was four stanzas including the chorus. His version has been slightly altered over the years to include just two stanzas and the changing of the words from Kansas State Agricultural College to Kansas State University.

alma mater

"I know a spot that I love full well,
'Tis not in forest nor yet in dell, ever it holds me with magic spell, I think of thee Alma Mater.
"KSU, we'll carry the banner high, KSU long, long may thy colors fly. Loyal to thee thy children shall swell the cry.
"Hail, Hail, Hail Alma Mater."

wildcat victory

"Fight you K-State Wildcats.
For Alma Mater fight-fight-fight.
"Glory into combat for the purple and white.
Faithful to our colors, we shall ever be, fighting ever fighting for a Wildcat Victory!"

wabash cannonball

Everyone knows that familiar tune Wabash Cannonball. In fact, Wabash and K-State are almost synonymous. What many people do not know is how the song became an integral part of Wildcat athletics. In the fall of 1969 the department of music burnt down. Every piece of music in the building was destroyed. The only thing that was salvaged was what was in the band director's brief case. That included a piece of music titled the Wabash Cannonball.

With an upcoming football game and no music, that left only one thing to do. The band members played the song loud and often. A song that originally had no connection to Kansas State became a second fight song.

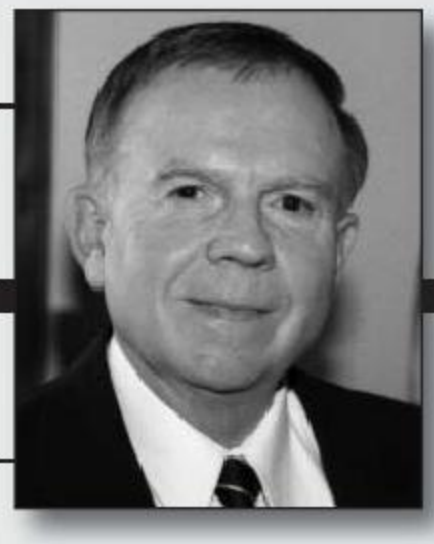
slogans

Several chants and slogans are used in association with the team. "Purple Pride" and "Eat 'Em Up, Eat 'Em Up K-S-U" are just a few. One slogan that has virtually died out is "Every Man A Wildcat." The term was popular in the '50s, '60s and early '70s, and once adorned the front of the Ahearn Field House press box. Since the term referred to only one gender, however, it has faded.

Kansas State, itself, is referred to in many different shortened versions. The most popular is "K-State", which is used by alums, friends and journalists from coast to coast.

university administration

dr. jon wefald



university president
pacific lutheran '59

Few college presidents have been as well recognized nationally for improving the athletic and academic programs on a campus as has K-State's **Jon Wefald**. Lauded by publications from the *Christian Science Monitor* to *Sports Illustrated* to *USA Today*, and by broadcasters like Paul Harvey, the accomplishments during Wefald's tenure have been well noted in the national media. *USA Today* called these achievements the "miracle in Manhattan."

Under his leadership, K-State has added about two million square feet of new university buildings, including a new library, a new art museum, and a nationally acclaimed plant science building. In addition, during the Wefald years enrollment has increased from about 16,000 to more than 23,000; K-State has built a healthy endowment program and established a national presence in athletics. With Wefald at the helm, K-State's total research funding increased to record numbers. The university returns nearly $17 for every $1 of state funding it receives.

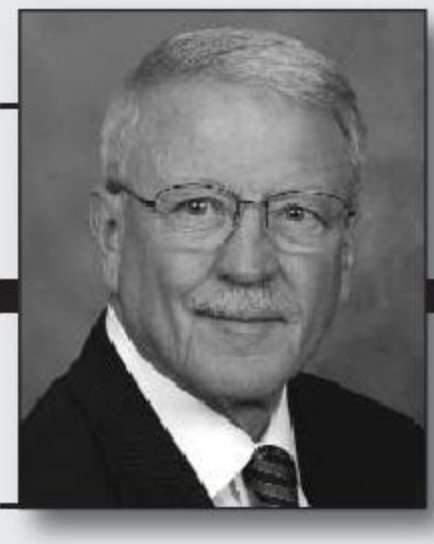
Since his arrival in 1986, K-State leads the nation's public universities in the total number of Rhodes, Marshall, Truman, Goldwater and Udall scholarship winners. K-State students have won more Truman scholarships, more Goldwater scholarships and more Phi Kappa Phi Fellowships than any other public university in the nation. By recognizing and encouraging excellence, Wefald has helped K-State achieve the pinnacle of success.

Before coming to Kansas State, Wefald served as Chancellor of the State University System in Minnesota from 1982-86, a system comprised of seven universities. He was president of Southwest State University in Marshall, Minn., from 1977-82; state of Minnesota's Commissioner of Agriculture from 1971-77, and a member of the Gustavus Adolphus University faculty from 1965-70.

Wefald earned his bachelor's degree from Pacific Lutheran University in 1959, his master's in history and political science from Washington State University in 1961, and his doctorate in history from the University of Michigan in 1965.

Born November 24, 1937, Wefald is married to the former Ruth Ann Joynt. They have two adult sons, Skipp and Andy, both graduates of K-State. Mrs. Wefald earned her bachelor's and master's degrees in history at the University of Michigan. She was on the faculty at Mankato State University and worked in the Minnesota Office of Economic Security.

bob krause



vice president | institutional development and athletics
western illinois '67

Bob Krause, who has played a key role in the development of both the university and the athletic department since his appointment as K-State's vice president for institutional advancement in September 1986, begins his first year as the school's vice president for institutional advancement and intercollegiate athletics and the 14th Director of Athletics.

For more than 20 years, Krause has been highly involved in the Athletics Department's internal and external operations, leading the department through major issues facing athletics and successfully guiding Kansas State through required NCAA Self-Studies. He has served as the department's lead administrator through several interim periods, including a six-month stint serving as co-chair of the Conference Athletics Directors governance committee.

In his additional new role as Director of Athletics, he will serve as the Department's representative to the Big 12 Conference and the NCAA in meetings with Athletics Directors, joint meetings with Senior Women Administrators, Faculty Athletic Representatives and CEOs, and committee assignments. He will be responsible for the overall leadership of the Department, its fiscal operations, and serve as the point of contact with various external constituencies. He will continue his other administrative responsibilities, including Student Life, the coordination of University activities with the K-State Alumni Association and KSU Foundation, external relations, and various economic development activities.

Since his arrival at K-State in 1986, Krause has focused attention on ways to improve the attraction and retention of students; means by which the university can better assist Manhattan and the State of Kansas in the area of economic development through cooperative endeavors with local and state agencies; and ways to expand public awareness regarding the value society receives from the teaching, research and service provided by K-State faculty.

Krause came to K-State from the Minnesota State University System, where he served as director of student affairs from 1983 to 1986. In that role, he coordinated system-wide policy and program development for seven state universities enrolling some 51,000 students. From 1975 to 1983, he served as vice president for student affairs at Southwest State University in Minnesota.

Krause received his bachelor's degree in art education and art from Western Illinois University in 1967 and his master's in college student personnel work from Michigan State University in 1968.

Born September 12, 1945, Krause is married to Dr. Marty Vanier. He has three daughters - Katie and Kirsten, both graduates of K-State, and Kathy, a graduate of the University of Wisconsin-Madison.

dr. mike holen

faculty representative
stanford '67

Asking 18 and 19-year-old college students what career they're preparing for isn't a question **Mike Holen**, dean of College of Education, tends to ask. Instead, Holen encourages students to pursue academic programs to provide them a range of intellectual experiences well beyond what they would need in any specific job.

Holen, who has served as Faculty Athletics Representative since May of 1999, came to K-State in 1971. He has served as a professor, department head and associate dean before being named dean of education in 1991. In 2004, he was appointed the Skeen Professor of Education as part of the university's Faculty of Distinction program.

In 1988, Holen received the Presidential Award for Distinguished Service to Minority Education after helping many predominantly black universities develop academic programs and administrative systems. In 2002, the faculty of the Leadership Studies Program named their annual outstanding leadership award in his honor. He has twice chaired the Regents' Council of Education Deans.

Holen earned his bachelor's degree in history and literature from Stanford University and his master's and doctorate degrees in educational psychology, both from the University of Oregon. He was designated Oregon's 2004 Distinguished Alumnus of the College of Education.

jim epps

deputy director of athletics
washburn '68

Jim Epps is in his 30th year at Kansas State, and his first as Deputy Director of Athletics, where he supervises day-to-day and internal operations for the athletics department. Prior to being named to his current post, Epps served the department in the capacities of associate athletics director and senior associate athletics director.

In 1987, Epps was elevated from administrative assistant to special assistant to the head football coach. Prior to that, he spent five years as academic counselor for Wildcat football. He became assistant academic counselor in 1979, and worked in that position until joining the staff in 1982.

He received his master's degree in psychology from Pittsburg State in 1972, and his bachelor's degree in psychology from Washburn in 1968. The Grandview, Mo., native is married to the former Phyllis Luginbill, and they are the parents of one daughter, Sarah, and one son, Ned.

ncaa regulations

compliance staff

david flores
assistant athletics director

kristin waller
assistant director

brendan armitage
coordinator

vera white
administrative assistant

what every alumnus and booster of kansas state should know about the ncaa

Key Points

A 'representative' of Kansas State's athletic interests is: an individual who is known (or who should have been known) by a member of K-State's executive or athletics administration to:

A) have participated in or to be a member of an agency or organization promoting KSU athletics.
B) have made financial contributions to the department or to an athletic booster organization of K-State.
C) have been involved otherwise in promoting the institution's athletic program.
D) bought or received tickets to a K-State athletics event.

Once an person is identified as an 'athletic representative,' the person retains that identity forever.

Key Rule: NCAA BYLAW 13.01.5

In Division I, representatives of athletics interest are prohibited from making in-person, on-or-off campus recruiting contacts, written, telephonic communications or e-mail transactions with a prospect or the prospect's relatives or legal guardians.

Interpretations

1. A representative of a Division I institution is prohibited from making in-person recruiting contact with a prospect and his or her parents/guardian on or off campus.

Limited Exception: You may have contact with a prospect regarding permissible pre-enrollment activities such as summer employment, provided the prospect has already signed a National Letter of Intent and K-State is aware that you are making these contacts in regard to employment.

2. A representative is prohibited from writing or telephoning a prospect and his or her parents or legal guardians.

Limited Exception: You may have a phone conversation with a prospect only if the prospect initiates the call. Such a call may not be prearranged by a K-State staff member and you are not permitted to have a recruiting conversation, but may exhibit normal civility. You must refer any questions about the University's athletic program to the athletic department.

3. A representative is prohibited from contacting a prospect's coach, principal, or counselor in an attempt to evaluate the prospect.

Limited Exception: NCAA rules do not preclude you from viewing a prospect's contest on your own initiative, but you may not contact the prospect, pick up film or transcripts.

What can I do?

If you know of a high school or junior college student-athlete who might want to attend K-State, the only permissible activity for a representative is to call the appropriate coach.

What is an "Extra Benefit?"

An extra benefit would include provision of transportation, meals, clothes, entertainment, preferential loan terms, wages not commensurate with duties, or other benefits offered to a prospect or current student-athlete which is unavailable to the general student population.

What can you do with prospects?

DO feel free to attend high school and junior college athletic events. You cannot have any contact with the prospective student-athletes or relatives. Should you find yourself seated next to parents of a prospect, DO NOT initiate conversation with the relatives. If conversation is initiated, respond in a civil manner, but DO NOT discuss K-State's athletic program with them. If they raise questions about athletics, remind them that the NCAA prohibits you from discussing athletics with them. You MAY discuss the University in general, and its academic programs.

DO continue established family relationships with friends and neighbors. Contact with sons and daughters of those families are permitted as long as they are not made for recruiting purposes and are not prompted by Wildcat coaching staff members. You ARE permitted to play 'pick up' games, continue neighborhood picnics or backyard barbecues and engage in your normal activities with prospects and their parents who are family friends.

DO feel free to attend a public event (i.e. awards dinner) at which prospects are in attendance. NO attempt should be made to contact or recruit the prospect at these events.

What can I do for current K-State athletes?

DO feel free to invite a student-athlete to your home for an occasional meal, but you must first contact the coach in the sport in which the student-athlete is a participant. Remember, the student-athlete must provide his or her own transportation. You may do this a maximum of one time per school term per athlete.

DO feel free to invite a team for dinner or to meet with a group of alumni in a city where they are competing. The NCAA permits student-athletes AS A TEAM to receive special benefits not permitted as individuals. Arrangements for such events must be made in advance with the head coach or appropriate athletic staff member.

How can I assist with summer employment?

DO pay student-athletes employed by you for work actually performed and at a rate commensurate with the going rate for similar services in the community and your business.

DO notify the head coaches or the athletic department of job possibilities for student-athletes.

Other questions and answers:

Q. May I accompany the coach during a 'home' visit with the prospect?
A. No
Q. May I drive a prospect to a secondary school's reception in my local area?
A. No, unless such arrangements are made for all students in attendance.
Q. May a booster group finance a season-ending banquet? May it purchase any awards for the team?
A. Yes, provided all funds are expended through the athletic department. Since the NCAA has established a value limit on awards received by student-athletes, it is important to have all awards approved by the athletic department.

Additional reminders:

1. Please contact the athletics department for NCAA rules interpretations.
2. Remember that in most cases CONTACT is prohibited.
3. Questions: 785. 532.6910. Ask for David Flores.

mission statement

The mission of the Kansas State Department of Intercollegiate Athletics is to provide, within the context of available resources, an environment that supports the educational objectives, academic progress and general welfare of student-athletes and allows them to compete at the highest levels of athletics. Our mission is also to embrace the guidelines and principles established by the Big 12 Conference and NCAA, which promote the principles of sportsmanship and ethical conduct. The Department of Intercollegiate Athletics is committed to providing fair and equitable treatment for all student-athletes and athletic department personnel, including women and minorities.

philosophy statement

The Department of Intercollegiate Athletics shall assure that all intercollegiate sports programs and department operations are consistent with the mission of Kansas State University. Student-athletes and department employees should be treated fairly and equitably regardless of gender or race. All department activities will be conducted within the rules, regulations and policies of Kansas State University, the Big 12 Conference and the NCAA.

The Department's decision-making process shall be based upon consideration of the academic, emotional and physical welfare of every current and future student-athlete. The experience to be provided to student-athletes should promote social, moral, emotional, cultural, and vocational growth and development and should emphasize the value of sportsmanship, loyalty, teamwork, & individual accountability. An environment promoting excellence will allow the physically talented and gifted student-athlete to achieve maximum potential.

terminology

common rowing terms

8+ and 4+: Eights (8+) and fours (4+) are the most common shell types found in collegiate competition, and these are the two events held at the NCAA Championships. The plus sign indicates a coxswain on board.

bow: 1) The forward end of the boat (i.e. crosses the finish line first); or
2) The rower in the seat nearest the forward end of the shell; typically has a quick catch, stable technique, and a shorter arc.

blade: The end of the oar that goes in the water.

bucket rigging: A sequence of rigging where two riggers in succession are on the same side of the boat instead of being alternated.

catch: The entrance of the blade into the water.

check: Interruption of a shell's forward progress which commonly occurs at the catch and sometimes at the release in inexperienced crews.

coxswain *(pronounced coxin)*: Person who steers the shell from a seat located in the stern or, in some fours, from a lying position in the bow.

crab: Upsetting of the boat caused by an oar getting stuck in the water instead of being extracted cleanly at the finish.

drive: The part of the stroke cycle during which the blade is in the water and the rower is prying the boat past it.

erg: Short for ergometer; indoor rowing machine used for conditioning and technical training.

feathering: The action of turning the blade flat during the recovery of a stroke to lessen wind resistance.

foot stretcher: The part of the boat where the rower's feet are tied into shoes.

head race: The traditional fall regatta. Boats race processionally over about 3 miles.

lightweight: A crew on which each athlete must weigh less than a specific amount (130 pounds for women).

novice: Classification of collegiate rower indicating the first year of collegiate competition.

oar: A 12-foot-5-inch-long carbon fiber lever used to move the boat through the water.

port: The left side of the boat.

power 10 (or 20): A tactical move of 10 (or 20) strokes called by the coxswain to motivate the crew to meet a specific goal.

recovery: The part of the stroke cycle during which the blade is traveling through the air from release to catch.

release: The point in the stroke cycle at which the blade leaves the water.

regatta: Any rowing event in which several crews compete.

repechage: A "second chance" heat for those crews which do not automatically advance to the finals of an event based on their performance in the initial heat.

rigger: The metal or carbon fiber structure attached to the side of the boat which supports the oar and acts as the fulcrum of the work done to move the boat.

rigging (or "gearing"): The relationship between the properties (such as length, height, angle, etc.) of the oar, the rigger, and the position of each rower. Changing the rigging changes the leverage, just as a bicycle rider changes gears. Unlike a bike rider, however, these changes cannot be made while the athletes are moving but must be done with the boat out of the water and oars removed. The optimum rigging depends on their size, strength and experience.

run: The distance the shell moves during one stroke.

sculling: Type of rowing where each rower uses two oars.

shell: An alternative term for a boat. An 8+ seats nine people (8 rowers and a coxswain) and will be approximately 58 feet long. A 4+ seats five people and may be 45 feet long.

sprints: A race over a 2,000 meter course. See "types of races."

starboard *(pronounced like starbird)*: The right side of the boat.

stern: The back of the boat; the end the rowers face while rowing.

stroke: 1) A complete cycle of the blade's movement through catch, drive, and recovery back to catch; or 2) The rower who sits closest to the stern, looks directly at the coxswain in a stern-coxed boat, and sets the rhythm for the crew.

stroke rate: The number of strokes taken per minute. Also referred to as "cadence."

sweep: Type of rowing where each rower uses one oar.

swing: The synchronization of motion and power application, maximizing the shell's speed.

varsity: Classification of collegiate rower indicating competition beyond the novice level.

weigh enough: Stop.

what to watch for

The crew that's making it look easy is most likely the crew doing the best job, working the hardest, and hurting the most. Here's what to watch for:

- **continuous, fluid motion of rowers:** All good rowers must be in top physical condition with enough power to move the boat through the water, executing each stroke with precision, causing no extraneous or jerky movements to upset the boat.

- **synchronization:** Watch the bodies of the crew. All rowers in one boat must move together to maximize boat speed.

- **clean catches with the blade:** Watch to see if all crew members take the catch together. (Do all oar blades enter the water at the same time?)

- **even bladework:** When the blades are brought out of the water, they should all move horizontally at the same height and travel toward the bow at the same speed.

- **maintaining the speed of the shell:** The shells don't move at a consistent speed (slowest at the catch, quickest at the release). A good crew times the catch at the right moment to maintain the speed of the shell. Catching too early will cut short the boat's "run" (distance traveled) produced in the preceding stroke. Catching too late will let the boat slow down too much, requiring more energy than should be necessary in order to speed the boat up again during the next drive.

- **stroke rate:** With each stroke, the crew is trying to get as much "run" (distance the shell travels in one stroke cycle) as possible. During the race, the number of strokes per minute will vary, from 42 to 50 at the start, 34 to 40 in the body, and 38 to 42 at the finish.

other things to watch for:

- In the event of a false start in sprint racing, or broken equipment within the first 100 meters, competitors are called back. A boat responsible for two false starts is disqualified.

- Boats must stay in their lanes, though there is no penalty for crossing the buoys, so long as this does not hinder other competitors and the boat crosses the finish line in the judge's view.

- A 2,000-meter course will be followed by an umpire in a motorboat that stays behind the last crew. The umpire judges whether the competitors are following the rules. The race is judged by a jury under the direction of the chief judge.

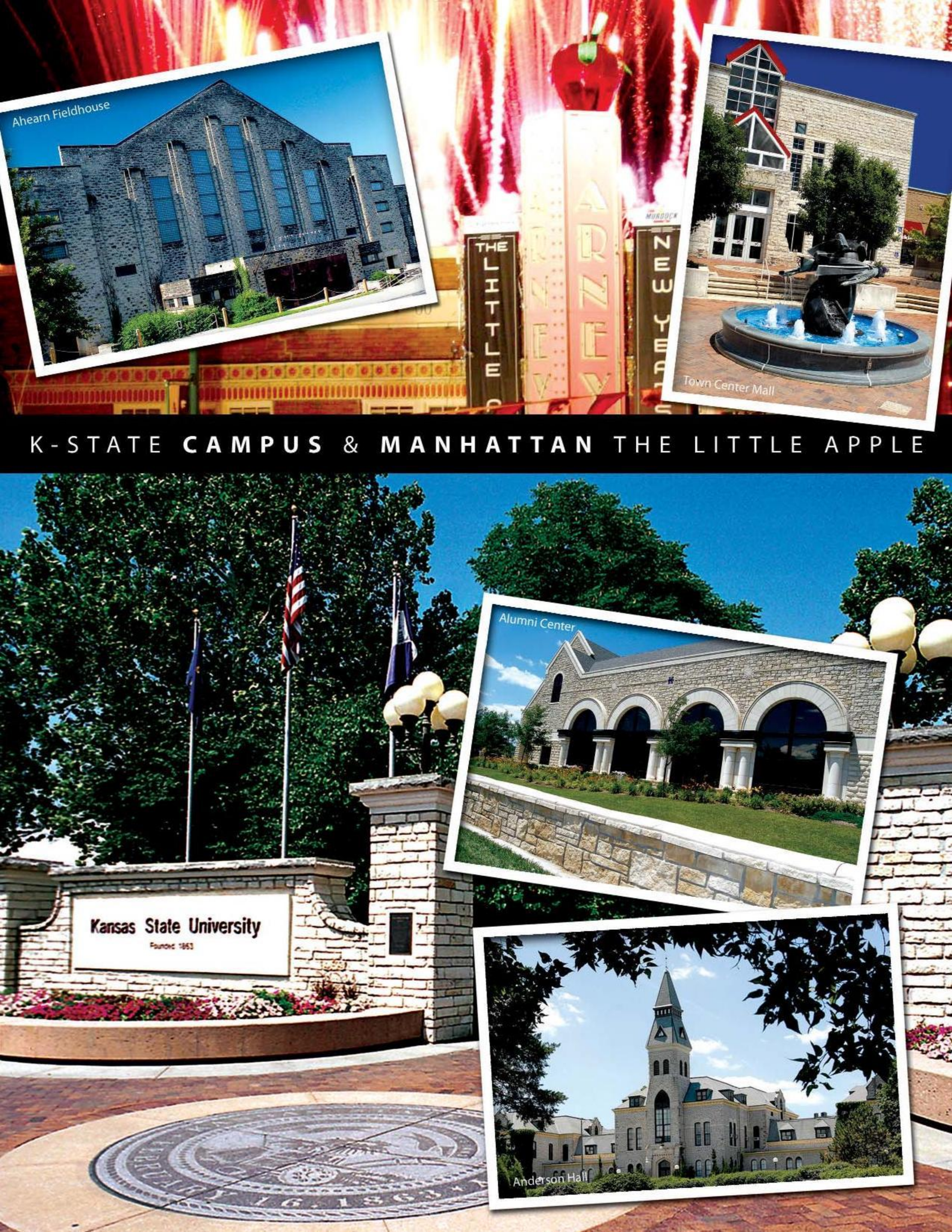
types of races

head races:

Head races usually take place in the fall on rivers (i.e., the Head of the Charles, the Head of the Iowa, etc.). Crews start onto the course one after the other about 15 seconds apart and navigate approximately three miles of river. In head races, umpires are stationed at various points along the course, and time penalties are issued for crossing buoy lines. Thus the coxswain's navigation (of bends and through bridges) is especially important. The crew that completes the course in the shortest amount of time wins.

2,000-meter competition:

National, World, and Olympic competitions are 2,000 meters or approximately 1-1/4 miles. Most courses are divided into six buoyed lanes, allowing six boats to participate at any one time. If more than six crews are entered in an event, heats and semifinals may be run to determine who races in the finals. Each race may take anywhere from six minutes, 30 seconds to eight minutes depending on boat class as well as wind and water conditions.


Ahearn Fieldhouse
THE LITTLE
NEW YEARS
Town Center Mall
K-STATE CAMPUS & MANHATTAN THE LITTLE APPLE
Alumni Center
Kansas State University
Founded 1863
Anderson Hall

08-09 rowing schedule

Sept. 27	Head of the Des Moines | Des Moines, Iowa
Oct. 26	Head of the Iowa | Iowa City, Iowa
Nov. 8	**Sunflower Showdown | Manhattan, Kan.**
March 20-22	Longhorn Invitational | Austin, Texas
April 4-5	San Diego Crew Classic | San Diego, Calif.
April 11	Kansas Cup | Lawrence, Kan.
April 18-19	Southern IRA's | Oak Ridge, Tenn.
May 3	Big 12 Invitational | Wyandotte, Kan.
May 16-17	NCAA Central Regionals | Oak Ridge, Tenn.
May 28-31	NCAA Championships

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